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COHASSET MARINER

Friday, January 15, 2016

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Vol. 38, No. 4 ■ \$2

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HEALTHY LIVING

SPORTS, B1



GYMNASTICS

MEET RUSSELL, B5



GIMME SHELTER

AROUND TOWN, A6

College honors

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PHOTOS: MLK
Breakfast

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AUTHOR

Teen novel makes connection

By Amanda C. Thompson
athompson@wickedlocal.com

Remember teen angst? If you've done your best to forget, young adult author Melissa Schorr won't blame you; most people do.

But for Schorr, remembering means being able to help other girls navigate this hard time. Schorr's latest teen novel, "Identity Crisis," deals with the timely issues of cyberbullying and catfishing... as well as the timeless issues of friendship, betrayal, and young love.

"As a YA writer, I always have one thought layer that is my teenage self," said Schorr. As a parent of two, she said, "Now I add the layer of my 'mom' self, too!"

"Identity Crisis" will be released on Jan. 18th by Merit Press, an Avon-based imprint of Adams Media. Merit is run by New York Times bestselling author Jacquelyn Mitchard, whose novel "The Deep End of the Ocean" was the first selection for Oprah's Book Club on Sept. 17th, 1996.

Schorr will celebrate her book's release at the Lightkeeper's House on Thursday, Jan. 21st. Members of the public are welcome and encouraged to attend. Schorr will read an excerpt from the new book. Copies will be available for sale that night through Buttonwood Books and Toys.

The book will continue to be available at Buttonwood and

beyond. It will appear in Barnes and Noble brick and mortar stores as well as on their website and at Amazon.com.

Thinking about how middle and high school would treat her daughters was one of the things that inspired Schorr. It's hardly news that social media has introduced new ways for teens to be awful to one another. Throwing virtual sticks and stones has even driven some young people to suicide.

"Middle school was such a hard time," Schorr said. So hard that she wrote an essay about it for the 2011 compilation, "Dear Bully," describing how she'd felt shunned by the

SEE NOVEL, A5



Melissa Schorr relaxes with her book, "Identity Crisis" about teen girls experiencing cyber bullying. She has a book launch party at the Cohasset Lightkeeper's on Thursday, Jan. 21. WICKED LOCAL STAFF PHOTO / ROBIN CHAN

EMERGENCY



A dispatcher is framed by a number of her screens while working a call with Cohasset fire department at South Shore Regional Emergency Communications Center in Hingham on Tuesday. WICKED LOCAL STAFF PHOTO / ROBIN CHAN

Regional dispatch finds its calling

By Amanda C. Thompson
athompson@wickedlocal.com

"Shrek" isn't just a Disney Dreamworks ogre anymore. Since 2012, "Shrek" has been shorthand for the South Shore Regional Emergency Communications Center, which dispatches 9-1-1 calls for the towns of Cohasset, Hingham, Hull and Norwell.

"The best benefit," said Executive

Director Maureen Shirkus, "is that when there is an event of some magnitude, you have help in the room with you."

Previously, every municipality in Massachusetts had its own public safety answering point, meaning that one or two dispatchers would take all the emergency calls for that town, whether those calls related to a police incident, a fire,

SEE SHREK, A8

Shirkus said the four towns served by Shrek receive better service now because the center has made answering calls a team sport.

KINDERGARTEN

Parents push for smaller classes

By Amanda C. Thompson
athompson@wickedlocal.com

If you thought your kindergarten's classroom was too full, you should have seen the community room during the school committee's Jan. 7th discussion of kindergarten class size. Parents turned out in droves, saying that 22 five- and six-year-olds is too many for a single classroom, and certainly too many for a single teacher.

The National Association for the Education of Young Children does not recommend an average class size, only a maximum, which at the kindergarten level is 23 students. Currently Cohasset does not have any kindergarten classes with more than 22.

The class sizes in Cohasset are comparable to those in neighboring Hingham. Even Dover-Sherborn, considered "best in the district," has an average class size of 20.6.

SEE CLASSES, A9

NEW EAGLE

Scout takes wing, travels the world

By Amanda C. Thompson
athompson@wickedlocal.com

Growing up, if Mom and Dad told you something would "build character," you knew you were in for a world of misery. Yet when Troop 28's latest Eagle Scout looks back on his scouting career, the experiences that "built character" are the ones he remembers most fondly.

For instance, remembering his trip to West Virginia for the National

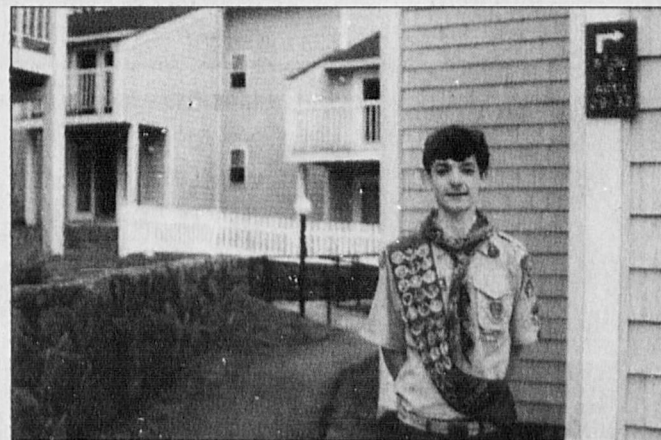
Scout Jamboree, BC High School senior Dylan Marat said, "Some days, there was not a cloud in the sky and it was super hot. Other days, it was pouring rain and the ground was all six-inch-deep mud and I had to wear plastic bags over my socks."

He added that, although there were dozens of activities to choose from at the jamboree, it was impossible to do more than two in a day because walking to each activity

could take hours.

At the World Jamboree in Japan, it was even hotter, and the British scouts, who had never gone so many days without seeing rain, were dropping like flies. They had to drink a liter of water an hour to stay hydrated, and nobody dared crawl into a tent except to retrieve something from storage. Instead of sleeping in the oven-like tents, most

SEE MARAT, A7



Dylan Marat, 17, stands by one of his 24 signs that he made for the Cohasset Housing Authority for his Eagle Scout Project so that emergency personnel and visitors can quickly navigate the property on Elm Street. His Eagle Scout project consisted of 157 volunteer hours with the help of 12 Scouts. WICKED LOCAL STAFF PHOTO / ROBIN CHAN

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MAKING SENSE OF INVESTING

PICTURE THIS



This week the Mariner caught up with Andrew McSheffrey, volunteer columnist for the Cohasset Food Pantry, outside the entrance to the pantry behind St. Anthony's rectory on S. Main Street. WICKED LOCAL PHOTO BY MARY FORD

Andrew McSheffrey

Name: Andrew McSheffrey.
Occupation: Freshman at Cohasset High School and writer for the Cohasset Food Pantry.

Favorite holiday: Christmas.

Favorite food: A sirloin cooked medium-rare.

Best book: The Harry Potter series.

Best movie: "The Usual Suspects."

Best TV show: "Parks and Recreation."

Best music, group, or artist: The Beatles.

Best vacation: My family's annual trip to New Hampshire.

Favorite season: Summer.

Pet peeve: Close-minded people.

Fun fact: I live in the house that Nancy Carell (Steve Carell's wife) used to live in.

Goal: To get into a good college.

Person you'd most like to meet: Bono

Biggest worry: School

Best part of Cohasset: The best part of Cohasset is the access to the ocean, and the food pantry of course.

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PHOTOS

Gentle Yoga at Willcutt Commons

VIDEO

Dishing It Out at AVA Cucina

BLOG

WILD ABOUT BIRDS
Pam French, owner of Wild Birds Unlimited, has the word on birds.

HOW TWEET IT IS

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POPULAR STORIES

- Drug Story Theater coming to town
- Search starts for town's top citizen
- Yoga is not a stretch for seniors
- Help with process of getting organized
- CSCR students get the drift

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- Reporting directly to the Administrator, the DNS is responsible for all functions of the Nursing Department.
- Assume responsibility for the direct supervision of the Nursing Department to ensure nursing standards of practice are upheld.
- Implement operational policy and procedures and review work performance to determine adherence.
- Delegates responsibilities, coaches and disciplines nursing staff when needed.
- Strong knowledge of federal and state long term care regulations.
- Working knowledge of the MDS and MMQ process.

Education
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COHASSET ELDER AFFAIRS

Reiki being offered for relaxation

New location: Cohasset Elder Affairs is now located at Willcutt Commons, 91 Sohier St. All events and activities will be held in that location unless otherwise noted. The center offers tours for visitors.

■ **Reiki:** 1-2:30 p.m. Jan. 20. Cost: \$3. Experience a 15-minute treatment of this Japanese technique for stress reduction and relaxation, known for promoting healing. By appointment.

■ **Boston Symphony Orchestra** open rehearsal: 8:30 a.m. Jan. 21. BSO open rehearsals offer audience members a unique perspective on the creative dynamic between orchestra and conductor. Participants will arrive in time for the

pre-rehearsal talk. Cost is \$10, plus the cost of the ticket ranging \$18-\$30. Call to reserve a spot 383-9112. Limited availability.

■ **Weight Loss** with Joanne Campbell, certified hypnosis consultant: 10 a.m. Jan. 22. Start the New Year off by losing weight. Joanne will help guests to harness the determination and willpower needed to lose weight and keep it off. Three-week session cost: \$30.

Lunch schedule and menu, week of Jan. 18

Lunches are served at noon Tuesdays, Wednesdays and Thursdays. Reservations required 24 hours in advance. Meals provided

by local restaurants and Cohasset cooks. Cost: \$3.

Tuesday, Jan. 19, lunch prepared by Chef Whit: Shepherd's Pie

Wednesday, Jan. 20, lunch provided by Cohasset Pizza House: Pizza

Thursday, Jan. 21, lunch prepared by Launch: Soup and grilled cheese

Ongoing programs

■ **Lunches,** Tuesday-Thursday, noon. Meals provided by local restaurants and talented Cohasset cooks. Reservations requested no later than 24 hours in advance. Willcutt Commons, 91 Sohier St. Voluntary donation, \$3.

■ **Line dancing,** Tuesdays, 1:30-2:30 p.m. Beginner to beginner plus. Helps posture and balance, improves memory skills and confidence. Drop-ins welcome. At 91 Sohier Street. Cost: \$5.

■ **Veterans services hours,** Tuesdays and Thursdays, 1-4 p.m., Willcutt Commons, 91 Sohier St.

■ **Gentle Yoga,** Tuesdays, 9:30-10:30 a.m. Wear comfortable clothing. Bring a mat. At Willcutt Commons, 91 Sohier St. Cost: \$5.

■ **Gentle Chair Yoga:** 1 to 2 p.m. Wednesdays. This class focuses on increasing mobility.

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

JAN. 2016		HIGH				LOW				SUNRISE	SUNSET
		AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday	14	2:03	9.5	2:19	10.0	8:04	-0.4	8:33	-1.0	7:10	4:34
Friday	15	2:53	9.6	3:13	9.7	8:57	-0.3	9:25	-0.7	7:09	4:35
Saturday	16	3:47	9.6	4:11	9.2	9:55	-0.2	10:20	-0.4	7:09	4:36
Sunday	17	4:44	9.6	5:13	8.9	10:55	-0.1	11:18	-0.1	7:08	4:37
Monday	18	5:43	9.6	6:17	8.6	11:59	-0.1			7:08	4:39
Tuesday	19	6:45	9.6	7:23	8.5	12:18	0.1	1:02	-0.2	7:07	4:40
Wednesday	20	7:46	9.8	8:26	8.6	1:19	0.2	2:04	-0.4	7:06	4:41
Thursday	21	8:44	9.9	9:25	8.7	2:17	0.1	3:02	-0.6	7:06	4:42

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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Legal Briefs

by Kevin Phillips
Attorney at Law

DECIDING IN ADVANCE

As life-sustaining medical technologies continue to develop, there is the increasing possibility that we may be faced with decisions about how we want to be treated at the end of our lives. In the event that an accident, injury, or illness renders us unable to speak for ourselves, it is very important that we make our wishes known in advance. The documents known variously as "living wills," "medical directives," "health care proxies," or "advance health care directives" enable us to express our wishes concerning medical treatment in terminal illness or injury situations when we are unable to speak for ourselves. In such cases, the person named in the directive will communicate the wishes expressed in the health care proxy.

HINT: Without an advance health care directive in place, families of an injured and/or dying patient may find it necessary to obtain court orders to deal with the medical situation.

Thinking about the end can be unpleasant. But not having a plan can put you and your loved ones in a terrible position. It's better to make a plan. At Law Offices of Phillips & Donahue, our lawyers can help you construct a thoughtful plan that includes a will and advanced medical directives, as well as other documents that will ensure that your wishes are carried out. If you have any questions or would like to make an appointment, please call (781) 834-4500 or email phillips569@aol.com. Our office is located at 769 Plain St., Marshfield.



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POLICE BEAT

Train gates malfunction, tying up local traffic

By Mary Ford
mford@wickedlocal.com

Electrical problems with the grade crossing gates for the commuter rail in Cohasset wreaked havoc over a 12-hour period last week when the gates were not functioning properly.

Issues occurred at the crossings on N. Main Street, King Street, and Sohler Street from 7:50 p.m., Monday (Jan. 4), until around 7 a.m. the following morning.

Chief Bill Quigley said they notified the MBTA and requested that the engineer ask the conductor to walk the train through the Cohasset crossings. Quigley described the problem as a "major malfunction" that resulted in a massive traffic jam that went on for hours especially at lower King Street.

Civil dispute

Police advised an elderly man who lives in a neighborhood off Forest Avenue that having his tenant evicted was a civil matter. The man reported to police that a person that he had invited to stay at no cost, now will not leave and he was seeking help to obtain a no-trespass order.

Missing items

A 73-year-old woman who lives in the Beechwood neighborhood reported to police last week that she believes a home health aide may have taken a \$5,000 platinum diamond ring and 20 solid-gold, 14 karat Kruggerands valued a \$21,500. Detectives are investigating.

No problem

A walk-in alerted police about a man possibly bothering a clerk at Tedeschi's

in the village on Monday evening (Jan. 4). An officer investigated and found a 71-year-old Scituate man who is known to police and can behave in a harassing and loud manner. The clerk also knows the subject, is aware of his behavior issues, and said there was no problem.

MV stop/tow

An officer on patrol stopped a 2006 Toyota Camry that was traveling 45 in the 30 mph zone on Forest Avenue around 11 a.m. on Tuesday (Jan. 5). The 34-year-old Weymouth woman who was driving presented the officer with a Brazilian passport and had no license even though she had lived in the country for 11 years. Her car was towed and she is being summonsed to Quincy District Court for unlicensed operation of a motor vehicle and speeding, police said.

Pipe burst

The wiring inspector was called to a summer home on Nichols Road after a neighbor reporting hearing water running on Wednesday morning (Jan. 6). A water pipe had burst so power was cut except for heat and the sewer pump. The homeowner who is out of state will work with a plumber to make the necessary repairs, police said.

Mailbox struck

The neighbor of a Forest Avenue homeowner who is out of state reported seeing a blue Volvo hit the woman's mailbox, breaking it on Wednesday morning (Jan. 6). The neighbor wanted it logged; when the victim returns she can file a report.

MVC

A dry cleaning van backing out of a driveway on Border Street on Friday (Jan. 8) around 1:30 p.m., after either dropping off or picking up cleaning hit a 2006 Nissan sedan causing minor damage. The driver of the van is 40 and from Holbrook and the driver of the car is a 45-year-old Weymouth woman. The dry cleaning company is going to take care of the damage to the Nissan, police said.

Fingerprinting

Two people went to the station for fingerprinting last week. Police said they fingerprint people as a community service. Fingerprinting can be required for a job application in certain fields and the person usually brings a card in. An officer conducts the fingerprinting, signs the card and puts down his badge number.

Fraud

A 45-year-old Cohasset woman reported to police on Saturday (Jan. 9) that American Express called her to see if she had tried to purchase a \$1030 laptop online from Best Buy. She had not and the transaction was cancelled. She reported the matter because someone apparently had gotten her credit card information and was trying to use it.

Standing by

Police stood by an Avalon apartment on Sunday (Jan. 10) while the resident's former girlfriend retrieved her belongings. The court allowed her to go to the apartment for that sole purpose; her ex-boyfriend had taken a restraining order out against her, police said.

UPDATE

Lights out for street lamp plan

By Amanda C. Thompson
athompson@wickedlocal.com

The streetlight retrofitting project has gone dark, despite the furnishing of funds from the Department of Energy Resources in conjunction with the Town's newfound Green Community status.

Cohasset has been working to reconcile the true number of street lights in town since early fall, but National Grid has been unresponsive, and the Alternative Energy Committee announced on Monday that it's getting too close to the Jan. 22nd grant application deadline for comfort, officials said.

"The current grant funding (\$141K) needs to be fully utilized by this time next year in order to be eligible for further competitive \$250K grants," explained Town Engineer Brian Joyce. "If we waited on the streetlights... we'd run the risk of losing that eligibility."

The Town hoped to use this year's grant to replace existing sodium bulbs in municipal streetlights with brighter, more efficient LED bulbs. But to retrofit the streetlights, the Town first has to purchase them, and to purchase them, it has to know how many

The Town hoped to use this year's grant to replace existing sodium bulbs in municipal streetlights with brighter, more efficient LED bulbs.

there are – a tallying task that is easier said than done.

Over the summer, the town hired a contractor to establish a baseline energy consumption report to demonstrate that the town was meeting Green Community requirements. Instead, the contractor found only 449 of the 550 streetlights listed on National Grid's map, 88 of which were not even working. An additional 83 lights were found that were not demarcated in any way.

Rather than crossing their fingers that a purchase and sale agreement could be hammered out in time, officials have opted to pursue a different usage of the grant funds.

Funds will instead be channeled to provide an exterior lighting upgrade at each of the town's three schools, the Cohasset Teen Center, and DPW, installation of de-stratification fans at the middle/high school gym, and a variable speed drive replacement at the police station.

The Town received notice on Dec. 22nd that the Department of Energy Resources had approved its Green Communities application and would be providing a grant of \$141,460, contingent on additional paperwork from the Town declaring what the grant would be used for.

On the bright side, the Town will start to see 16 percent savings on its municipal electrical bill now that early lighting retrofits have been completed at public buildings and variable frequency drives have been installed at the schools.

When the streetlights are converted, that will add an additional 2 to 3 percent savings. The Alternative Energy Committee hopes to be at, or close to, 20 percent savings by this time next year, in accordance with the energy reduction plan it submitted with the Green application.

— Follow Amanda on Twitter for updates: @MarinerAmandaT

DON'T MISS THIS

What to know about Town Hall dropbox

1. The Dropbox provides free 24/7 drop off for Town Hall payments and correspondence as a convenience for residents

2. It does NOT provide proof of delivery.

particularly for Assessing applications.

3. If you need to meet a deadline, go to the appropriate department and get a date/time stamp as proof of delivery.

4. On days Town Hall is open, last pickup is 3 p.m. Friday 12 p.m. Items are sorted and delivered to Town Hall departments on the same day.

POLICE

What to know about drones

Cohasset police have been receiving complaints regarding people flying "drones" over Cohasset. Last week the received a call from the area of Whitehead complaining that a drone was being flown at approximately 2,000 feet over the Cohasset Harbor channel.

International commercial airline flights coming from Europe use this area to access Logan Airport between 2 and 5:30 p.m. most days. These flights can be as low as 2,000 feet in this area, and the resident was concerned that the drone would interfere with air traffic. Drones are officially called "Unmanned Aircraft System" or a UAS by the Federal Aviation Administration.

New rules were put into place by the FAA on Dec. 21, 2015. Drones weighing between than .55 pounds and 55 pounds have to be registered with the FAA before Jan. 20, 2016. You can register your personal drone by visiting the FAA website at www.FAA.gov.

You have to be at least 13 years of age to operate/register a drone with the FAA. The cost to register it is \$5. You can accomplish registering it online by going to www.FAA.gov

When flying your drone:

- Must keep it in sight;
- FAA Registration number displayed on drone;
- Cannot fly it over 400 foot altitude;
- Cannot enter restricted

airspace;

■ Operators must follow temporary airspace restrictions around stadiums and public events;

■ Must operate it responsibly and not endanger the public;

"We want to put this information out to the public and get everyone on the same page. I own a personal drone and can attest that they are still great fun when used within the parameters set by the FAA," Chief Bill Quigley said.

"I've been able to capture some amazing photographs around Cohasset with my drone. The town's beauty provides a stunning backdrop," he said.

BLOGS

Get in on the conversation

Go to the blogs section of our website and find a community that interests you.

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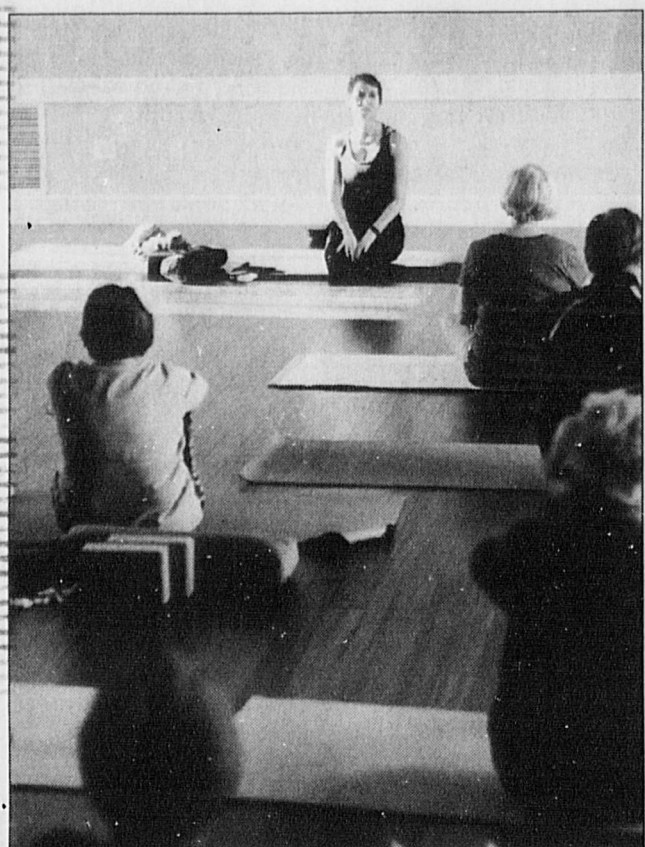
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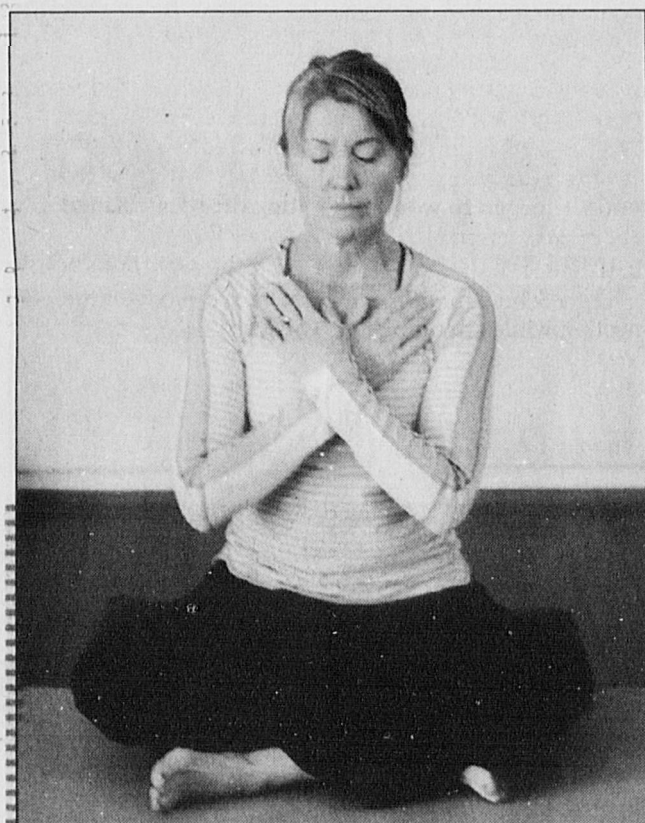
SENIOR CENTER

Gentle Yoga

STAFF PHOTOS
BY CHRIS BERNSTEIN



Yoga instructor Amy DiLillo instructs a large group of seniors to breathe gently during Yoga class at Willcutt Commons.



Sue Munson focuses on her breathing during a Gentle Yoga session at Willcutt Commons.



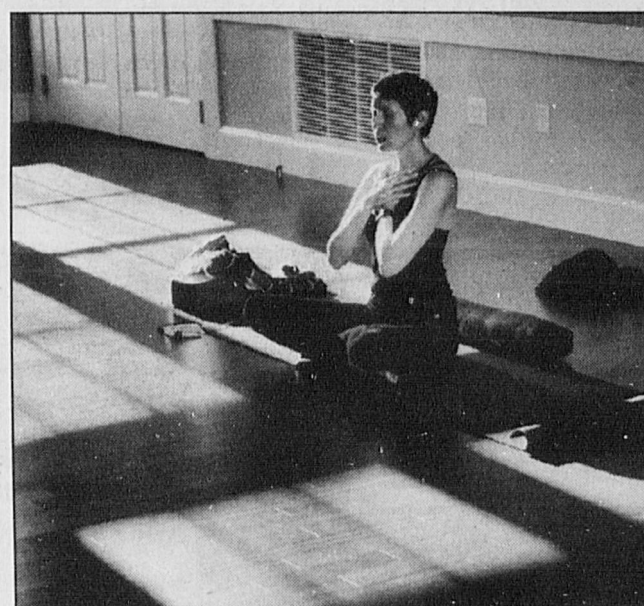
Cristy Campbell relaxes as she is guided to "Tune in and set intentions", during getle Yoga at Willcutt Commons.



Bare feet are encouraged at Gentle Yoga with Amy DiLillo.



Yoga instructor Amy DiLillo is silhouetted against the morning sunlight peircing the windows at Willcutt Commons.



Yoga instructor Amy DiLillo instructs a large group of seniors to breathe gently during Yoga class at Willcutt Commons.



Marlene Booth enjoys Gentle Yoga at Willcutt Common, stating, "This is the best deal in town, 1 hour of gentle Yoga for \$5!"



Marlene Booth enjoys Gentle Yoga.



Yoga instructor Amy DiLillo leads a large group of seniors through a gentle Yoga class at Willcutt Commons.

TOWN MANAGER

Senior contract work to start

By Amanda C. Thompson
athompson@wickedlocal.com

As of Jan. 13th, Chris Senior has been the Town Manager of Cohasset for exactly two years. This, for the board of selectmen, is cause for celebration, but also reason to begin looking forward to what will happen at the end of Senior's third year, when the contract expires.

"Waiting for the last year of the contract to end is not a good strategy in Major League Baseball," said the board's chairman, Steve Gaumer. "And it's not a good strategy for us, either."

The consensus among the board was that Senior had brought stability to the town in his first two years as manager, and all members

A subcommittee consisting of Gaumer and Vice Chairman Kevin McCarthy will review the terms and conditions of the existing eight-page contract to bring it up to date.

agreed that they would like him to stay.

"I feel that I've been able to make a lot of progress," said Senior, indicating that he, too, would be amenable to extending the contract.

A subcommittee consisting of Gaumer and Vice Chairman Kevin McCarthy will review the terms and conditions of the existing

eight-page contract to bring it up to date. They will collaborate with the rest of the board and with Lisa Ugialoro of human resources as appropriate.

Senior was quick to walk his talk. The following night at the Historical Society, he kicked off conversations about Cohasset's 250th anniversary celebration coming up in 2020. After he spoke, guests brainstormed together and a core group was appointed to manage coordination.

If you missed the meeting, never fear. "There's plenty to do," said Senior. "We are seeking people to help."

—Follow Amanda on Twitter for updates: @MarinerAmandaT

NOVEL

From Page A1

group of girls she wanted to be friends with. "It would have been so much worse if I was on Facebook every weekend, seeing mean comments or pictures of everybody else at a party I didn't get invited to."

But, she added, "I'm not a technophobe; I'm not saying that the Internet is evil. In the book, these girls find a connection online that they couldn't find at school. It's about the wonders and pitfalls of online culture."

By making the issue fun and relatable, Schorr hopes to overcome some of the glazed expressions that start to form on teenage faces whenever an adult mentions cyberbullying. They've heard it already. They've had assemblies. They've been lectured in health class. But in a novel, they just might be inspired to ask, "What if this happened to me?"

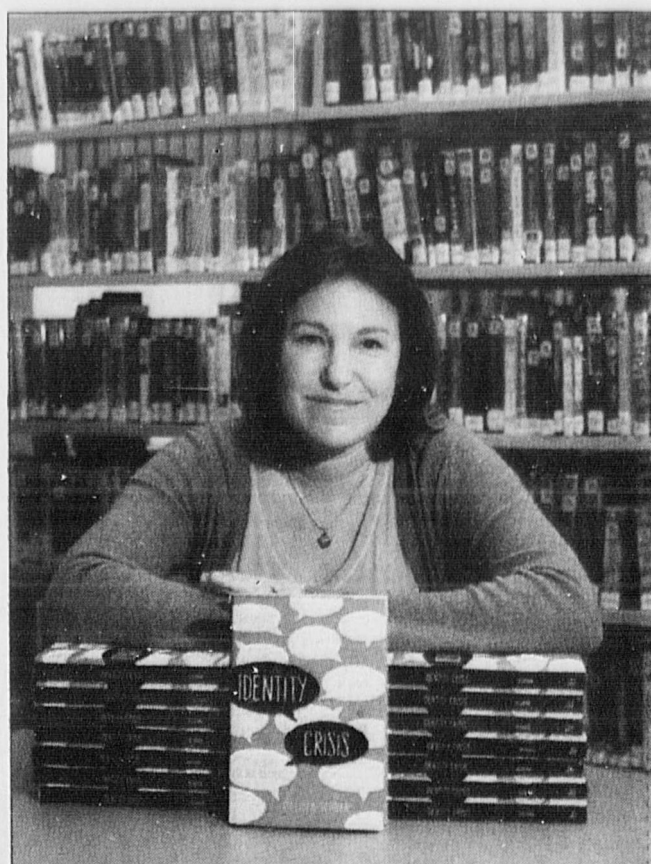
Schorr takes the issue a step further by telling the story from two perspectives. First, of course, she tells the story of Annalise, a high school sophomore who finds herself charmed by Declan, a guy she meets in an online forum for her favorite rock band.

But Schorr also tells the story of Noelle, a classmate of Annalise whose friends have pressured her into creating a fake, online boyfriend — Declan — to distract Annalise from the boy Noelle has had a crush on since preschool.

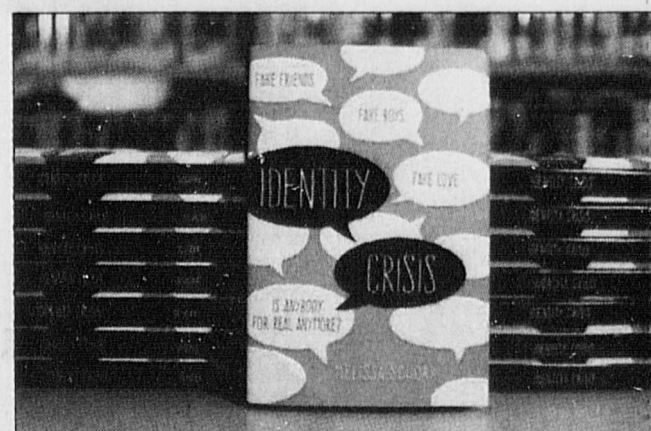
By telling the story from both sides, Schorr brings humanity to both girls, making them much more than bully and victim, catfisher and cat-fished... and leaving room for both to be redeemed and grow.

While the content is anything but funny, Schorr tackles it with a lighthearted tone. She has truly captured the voice of today's teenager — a task, she said, that was harder than any other part of the writing process. She reached out to local high schooler Becca Fredey for an initial read-through and help with all the texting lingo.

While it isn't written on the pages, Schorr's book tells



Melissa Schorr sits at a table with copies of "Identity Crisis." WICKED LOCAL STAFF PHOTOS / ROBIN CHAN



"Identity Crisis" is about cyber bullying experienced by teenage girls on social media.

By telling the story from both sides, Schorr brings humanity to both girls, making them much more than bully and victim ...

another story. This one is about perseverance. Schorr published her first book, "Goy Crazy," about a Jewish girl who falls for a Catholic boy, in 2006. Between then and now, she wrote several books, but none of them went anywhere, and she began to wonder if she could ever break back in to the market.

Then Schorr made a connection while attending her local book club. She mentioned the manuscript she had written, and an agent who was attending said it

sounded like exactly the sort of thing her publishing house had been looking for. Schorr sent it in.

It could not have been more fitting that she got a call back from Merit Press while she and her family were visiting the Magic Kingdom at Disney World.

"They say that's where dreams can come true," said Schorr.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

UPDATE

Master Plan is on the docket

By Amanda C. Thompson
athompson@wickedlocal.com

"Planning for the Plan." It sounds redundant, but that's what officials are calling this stage of creating a new Master Plan for Cohasset. Planning Board Chairman Clark Brewer brought an update to the selectmen this week.

The full Master Plan process is projected to take about two years, but at the Jan. 12th meeting, Planning Board Chairman Clark Brewer just wanted to share his vision for Phase One.

"This is helping people who are committed to Cohasset grapple with change," said Brewer. "There's change that seems good and change that seems bad, but everybody is invested in a great Cohasset for the future, and how we get to that is a great Master Plan."

In this phase, Brewer hopes to raise awareness and drum up community investment in the plan. A community visioning session is scheduled for March 5th, which may include a bus tour of the town. This

"There's change that seems good and change that seems bad, but everybody is invested in a great Cohasset for the future, and how we get to that is a great Master Plan."

Clark Brewer, Planning Board

brainstorming stage is scheduled to conclude by Annual Town Meeting so that voters can green-light the funding that will carry the planning board through Phase Two: drafting.

A Master Plan documents the community's goals in areas like business district development, housing diversity, and open space. It enables town leaders to manage growth and change, provide orderly and predictable development, and protect environmental resources. At the same time, it promotes open, democratic planning and provides

guidance to landowners, developers, and permitting authorities.

You may not have heard about a municipal Master Plan before, but in fact, all communities have them. Cohasset's most recent plan was completed in 2004. The town was a very different place then. With all the developments that have taken place in the last 12 years, it's time to move the goalposts forward.

For the next half year or so, the Town will work with the Metropolitan Area Planning Council to analyze where Cohasset currently stands. The team will also consider what other towns are doing; many other municipalities are also in this stage of planning and could have valuable ideas to share.

A draft of the 2004 Master Plan can be viewed at the town website, CohassetMA.org, under the "Forms" tab.

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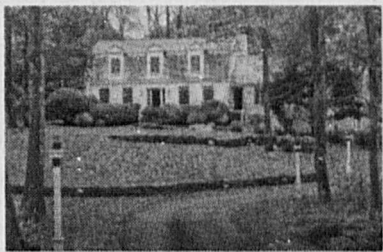
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5 THINGS TO DO THIS WEEK

1 MLK JR. BREAKFAST:

Cohasset Clergy and Cohasset Diversity Committee honor memory and achievements of Dr. Martin Luther King, Jr. at the Dr. Martin Luther King, Jr. Breakfast on Monday, Jan. 18 at St Stephen's Episcopal Church, Walton Rodgers Hall, from 9 to 11 a.m. Full breakfast from 9 to 10 a.m. followed by uplifting program from 10 to 11 a.m. Admission \$5 per person or \$15 per family. Childcare provided. Honored guest and keynote speaker is Lee Pelton, President of Emerson College. Contact Connie Afshar at 781-383-6006 or c.afshar@comcast.net.

2 STRATEGIC PLAN:

Cohasset Public Schools is in the process of completing a new Strategic Plan, to communicate to the district the goals and actions needed to achieve them. School department is organizing small groups of individuals willing to contribute ideas: Thursday, Jan. 21st, 6 to 7:30 p.m. or Saturday, Jan. 23rd, 10 to 11:30 a.m. in community room at middle-high school. Contact Jennifer Souretis, Administrative Assistant for the Superintendent, by email jsouretis@cohassetk12.org or call 781-383-6111. Groups limited to 15.

3 FREEDOM SEDER:

Rep. Garrett Bradley along with at least a dozen religious leaders and their congregations, will participate in a Martin Luther King Jr. Freedom Seder from 3 to 5 p.m. Jan. 17 at Congregation Sha'aray Shalom, 1112 Main St., Hingham. Format based on annual seder celebrated by Jews in honor of journey from slavery to freedom and will feature interfaith choir, ancient and



This year's guest and keynote speaker at the MLK Breakfast is Lee Pelton, President of Emerson College. COURTESY PHOTO

modern readings, poems and prayers about freedom and justice and opportunity for people in different faiths to interact and dine on Pass-over foods. \$5 per person donation. RSVP: shaaray.org; ally44@aol.com.

4 ABBEY VOICES:

"The Binding of Isaac" — Jewish, Christian, and Muslim Panel Discussion moderated by Fr. Timothy Joyce, O.S.B. with Rabbi Benjamin Lefkowitz, Temple Beth Shalom, Hull; Rev. Liz Walker, Roxbury Presbyterian Church; and Celene Ibrahim-Lizzio, Muslim Chaplain, Tufts University on Thursday, Jan. 21, 2016, 7:15 p.m. Free and open to the public. Donations accepted. Seating is limited

and on a first-come, first-seated basis in Glastonbury Abbey Conference Center, 20 Hull St., Hingham.

5 PUPPET SHOW:

South Shore Community Center presents Pumpernickel Puppets with John McDonough Thursday, Jan. 21st from 2 to 2:45 p.m. in the SSCC Gymnasium, 3 N. Main St. Pumpernickel Puppets presents modern adaptation of Beatrix Potter's classic tale, "Peter Rabbit". The show is presented with large colorful hand puppets and live voices and sound effects. Appropriate for children 3 and up. Pre-registration is not needed. \$7 per person at door. Children must be accompanied by parent/caregiver. Call: 781-383-0088.

AROUND TOWN

School honors coming in

Hi Cohasset...how are you all this week? A bit of every type of weather since last Friday with temps in the 50s, down to the low 30s, some rain, ice and snow and, some crazy, wild wind! I guess we are in true winter in New England and yes, mid-January is here.

By now, we may or may not know if a Power Ball winner is out there somewhere (anyone we know?), and more exciting news this weekend: what is the Patriots fate? I am hoping like so many that the numbers end up on the positive side for us, Lets go Pats!

MLK Breakfast

I wanted to remind everyone as you look ahead to Monday which is in honor of Dr. Martin Luther King Jr. Come join the Cohasset Clergy and the Cohasset Diversity Committee in honoring the memory and achievements of Dr. Martin Luther King, Jr. at Cohasset's 14th annual Dr. Martin Luther King, Jr. Breakfast. See Five Things to Do on this page!

Pomfret honors

Charles Slanetz, a member of the Pomfret School class of 2018, has earned honor roll distinction at Pomfret School in Connecticut for the 2015 fall term. A student earns honors with a grade point average of at least 3.33 and no grade below a B-. Charles' brother, Michael Slanetz, a member of the Pomfret School class of 2018, has earned high honor roll distinction for the 2015 fall term. A student earns high honors with a grade point average of at least 3.67 and no grade below a B.

Groton honors

Emma Matthews of Cohasset has been named



JENNIFER PIEPENBRINK

to the honor roll for the Fall term at Groton School in Groton, Mass. where she is a III Former (9th grader).

Stonehill

Cohasset resident Chandler R. Skolnick, a member of the Class of 2018 at Stonehill College, earned Dean's List honors for the Fall 2015 semester.

Chandler is a Political Science & International Studies major at the College.

Lasell College

Lasell College in Newton recently named William Tetreault of Cohasset to the Lasell College Dean's List for the Fall 2015 semester.

William, whose major is Accounting, is a member of the class of 2016 and was among 726 students honored in the Fall 2015 semester.

To achieve the Dean's List, each student must be full-time carrying 12 or more graded credits for the semester with a grade point average of 3.5 or above.

BC High honors

The following Cohasset students earned High Honors at Boston College High School for the first quarter. Hats off to seniors, Adam Kucinski, Dylan Marat and Matthew Montefusco; juniors, David Hillman and Liam McDonald; sophomores, William Bowen and Charles Pyne; and freshmen, Jake Allen, Aidan

Gildea, and Matthew Wolfe.

The following Cohasset students achieved Honors. Congratulations to senior Charles Krumsiek; juniors, Matthew Doyle, Griffin Gildea, Ryan Golz and Noel Hart; sophomores, Michael DeVries, Daniel Driscoll, and James Krumsiek, and freshmen, Tomas Crosby-Bell, Terence Faherty, and Sereno Fricano.

Annual meeting

In accordance with Article V, Section I of the bylaws, notice is hereby given to the members of the South Shore Community Center, Inc. that the Annual Meeting will be held on Tuesday, Jan. 26th, 2016 at 7 PM at 3 North Main St., Cohasset. Only active members shall be entitled to vote.

That's it for this week and I look forward to the news for next week, hoping for a playoff weekend and, who knows? Maybe someone (or a few someones) we know dancing around with a few more pennies in their pockets!! LOL

Send in all your news, photos and celebration info to me no later than Tuesdays by 2 pm.

Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all.

If your son or daughter has earned recognition, please share that news directly with us!

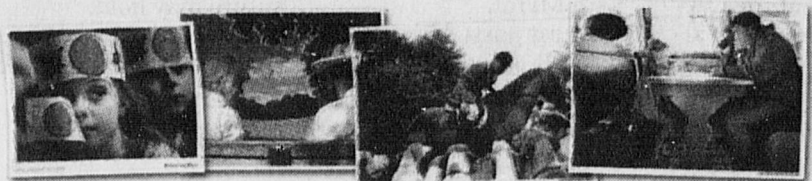
We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents.

Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.

EMAIL: aroundtowncohasset@yahoo.com

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SCITUATE SHELTER

Aiko's journey from homeless to hero

He may look like a typical tennis-ball chasing, sandy-beach-loving, family dog, but two-year-old Aiko's life is about to become extraordinary. He's about to become a police dog.

Aiko was surrendered to the Scituate Animal Shelter in December. Like many young, energetic dogs, he was proving to be

more than his family had bargained for. They loved him, but knew he needed more exercise, more training, and more attention than they were able to give.

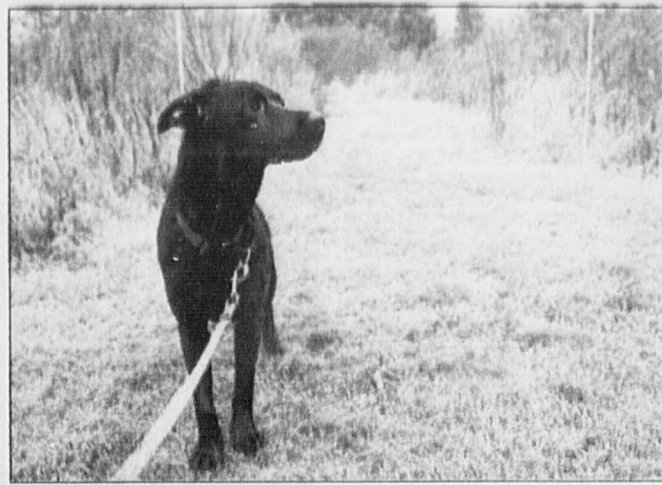
As luck would have it, a few days later, the Norfolk County Sheriff's Department was visiting the shelter in search of a young and energetic dog

to be trained as a scent K9. A good detection dog must be intelligent, active, easily instructed, and possess an extremely keen sense of smell. Although Aiko "desperately needed work on his manners," according to the Shelter's Kim Hallisey, it took only moments for the police handlers to decide that the young lab fit the bill

perfectly.

Aiko is now living at home with his handler and undergoing extensive police training. If all goes to plan, by 2017 he will be a full fledged K9 hero with a very important mission: to help protect the people of Massachusetts.

For more information: lgood@goodinteriors.com



Aiko is about to become a police dog. COURTESY PHOTO

MARAT

From Page A1

scouts opted for a canopy of stars.

Marat said it was the best time of his life.

Not every scout gets to experience World Jamboree. In fact, Scoutmaster Rob Hillman can't remember another member of Troop 28 going in many years. But it was no surprise to him that Marat would be the one to change that.

"He's a good leader in the troop and very active," said Hillman. Most

recently, Marat served as the troop's Order of the Arrow representative, meaning he would attend the monthly "scouting honor society" meetings and bring information back to the other Order members in his troop.

As if that weren't enough, Marat is also a leader in his Venturing crew. Venturing is a co-ed sibling unit to the Boy Scouts, which allows young men and women to participate until they turn 21 (Boy Scouts age out at 18). According to Hillman, Venturing is even more youth-led and outing-oriented than Boy Scouts, and as president of his crew, Marat has basically been running it for the past three years.

Maybe he gets his dedication from his father, who has been invested in the troop throughout his son's career; or maybe from his grandfather, who was an Eagle Scout before him and even helped Marat finish his project.

Marat and his grandfather were at 60 Elm Street days before Christmas and again the day after, replacing old, too-small signs with larger, brighter ones to help delivery people and police locate the correct unit more efficiently.

In addition to his

But his all-time, number one favorite badge to earn was scuba diving. When Marat envisions his future career, it always involves some combination of marine biology and engineering.

grandfather, Marat received guidance and vinyl lettering from local sign-maker David Hassan, who has a shop on Route 3A.

Because of his family's involvement, it was never hard for Marat to get permission, support, or equipment for scouting. He does feel a little bad, though, that he never finished the requirements for the engineering merit badge his father taught.

On the other hand, he earned 37 other merit badges above and beyond the 23 that are required to become an Eagle Scout. Once again, his scoutmaster wasn't surprised.

"He's very bright and inquisitive, and always was," said Hillman. "You could tell from when he was 11 that he was very interested in learning stuff — the skills, the techniques, and what-have-you."

Many of Marat's badges came from his years as a camper and staff member at Camp Squanto, where



Dylan Marat, 17, presents a donation to Virginia Najmi, Cohasset Housing Authority commissioner, as part of his Eagle Scout project. WICKED LOCAL STAFF PHOTO / ROBIN CHAN

he could earn up to two badges in a week. He also frequented "Merit Badge University," a concentrated program where scouts could earn several badges back-to-back in a short span of time.

One of Marat's favorite badges to earn was Signaling, a retired badge that was brought back during the 100th anniversary of the Boy Scouts, which required him to learn the skills of semaphore and Morse code.

But his all-time, number one favorite badge to earn was scuba diving. When Marat envisions his future career, it always involves some combination of marine biology and engineering. His scuba diving experience was even better because he had already put in the time to learn about native species at the Cape Cod Museum of Natural History.

The coolest part, though, happened while Marat was taking a breather. "It's

really cold 20 feet under the Atlantic Ocean in the summer," he remembered. He had surfaced to warm up and rest, and at that exact moment, someone flew overhead in a World War II-era plane. No one else was there to see the pilot making loops in the air, but the moment stuck with Marat.

Marat passed his Eagle Board of review on Wednesday, Jan. 13th. Next year, once he's graduated from BC High,

he intends to study marine biology, engineering, or a combination of the two. He is still deciding where to go to college. But if he can survive an eight-degree night under a pile of snow in Maine, then it's probably safe to say that this adventurer will be able to face whatever the future may hold.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

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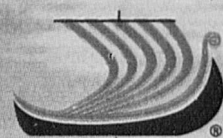
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SHREK

From Page A1

or a medical emergency. That one person then had to process and dispatch the situation. Ideally, the dispatcher could also offer emergency medical instructions to the caller.

"Unless they had a big, red 'S' on their chest, I don't think anybody could have pulled all that off," said Cohasset Fire Chief Bob Silvia. "[Shrek] was a very huge step forward for how we handle, intake, and dispatch our emergency calls."

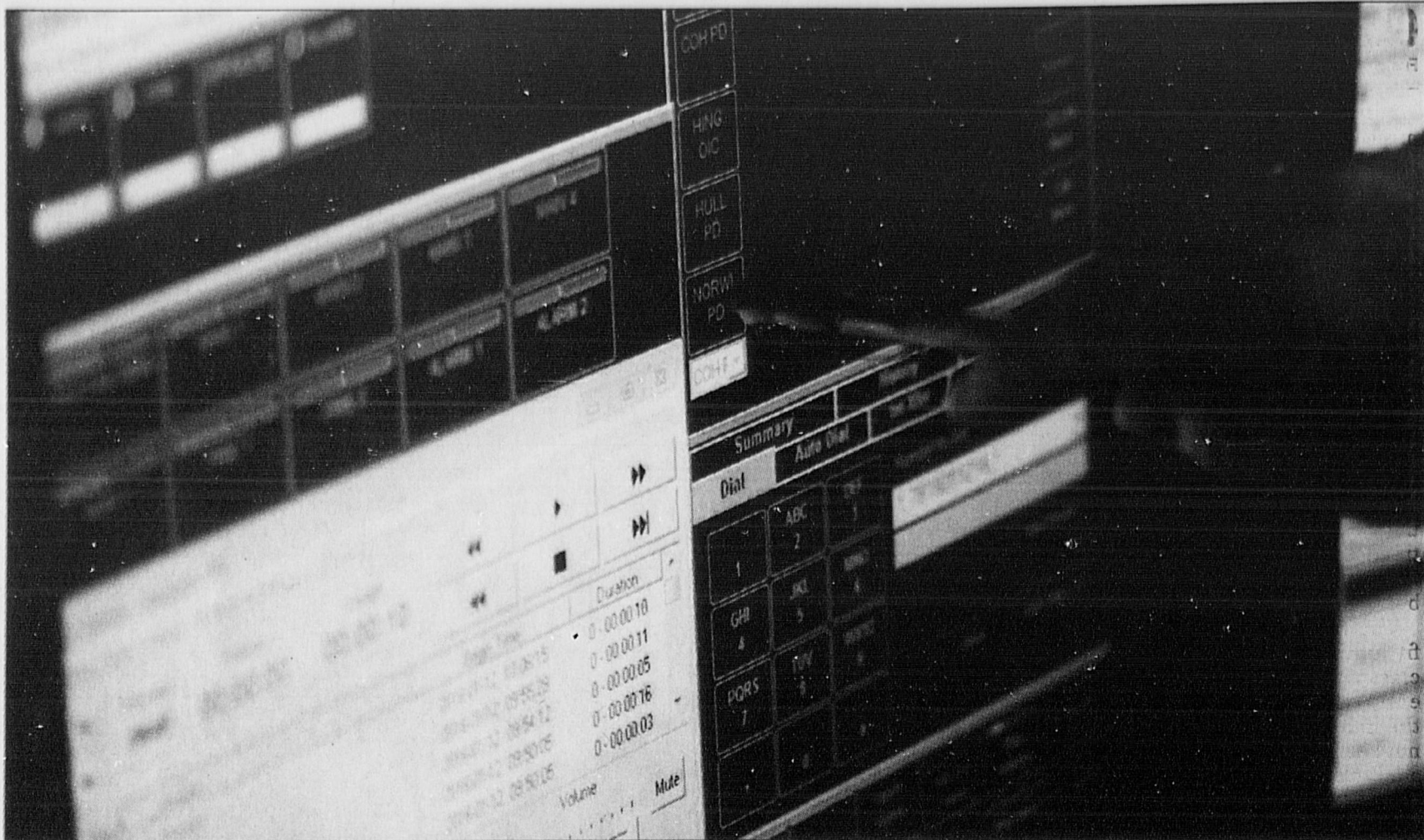
At a regional call center, the person who answers the call can stay on the line to offer emergency medical instructions or other guidance to help the caller manage their crisis. At the same time, others are able to process the call and dispatch it to the appropriate town's department.

It sounds like a perfect system, but it wasn't easy for departments to give up control of their dispatch. They were used to things working a certain way. More importantly, they were used to working with certain people. Replacing a trusted dispatcher with an anonymous voice on the other end of a phone call rubbed some people the wrong way.

And within the walls of Shrek, telecommunications had to learn to let go of their own communities, no matter how many years they might have worked at a single-town public safety answering point. They had to accept that someone else at the center might answer a call from their town.

But according to Shirkus, all that is in the past now. "We had a bumpy start," she admits. "We were one of the first regional call centers in the state; we couldn't call somebody to ask, 'how did you do it?' We've come such a long way from when we opened."

Shirkus said the four towns served by Shrek receive better service now because the center at Hingham Town Hall on Central Street has made answering calls a team sport. In any emergency, there are now three additional towns



A supervisor points out the phone screen used by the dispatcher sitting at the fire pod. WICKED LOCAL STAFF PHOTOS / ROBIN CHAN



A dispatcher stands up to stretch his legs and checks out the information screens for the dispatchers.

ready to be called upon for backup or coverage – and more than that, if Shrek sees fit to involve departments from other neighboring towns or Plymouth County Control.

The service goes both ways. When Winter Storm Nemo struck in February 2013, Scituate lost communications and Shrek filled in the gaps. The center was ready, because in addition to its usual eight responders, it always staffs four extra telecommunications during anticipated major events like storms.

The team knows the drill when a "major event" is coming. Everyone arrives with a Crock Pot full of food, and no one's shy about catching some Zs on a cot in a closet somewhere.

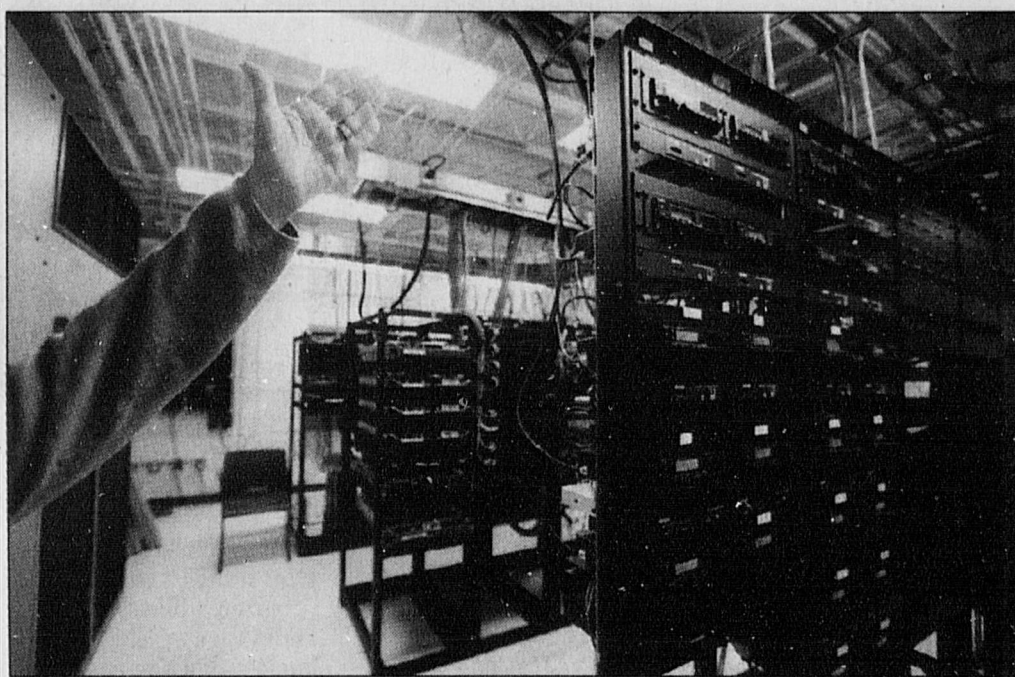
"This job is 24/7," said Shirkus. "It's nights, weekends, holidays, and your kid's first communion – though we try to accommodate those things, knowing how hard they work."

When that storm hits, or when a three-alarm fire is blazing, everyone's ready. Telecommunicators receive training each year and are legally required to keep certifications up-to-date. They're all trained in emergency medical dispatch, so they can provide life-saving instructions over the phone while callers wait for units to arrive.

And they're all trained to answer any call – any type, any place, anyone, anytime. Shirkus calls them "universal employees."

"Dispatchers used to be an afterthought," said Shirkus, "but when you call 9-1-1, the dispatcher is technically the first person on the scene." She added, "A lot of people can't work here. You have to have a triple-type-A personality; you have to be in control."

The State 9-1-1 Department has been encouraging public safety answering points to go regional and offers incentives



A supervisor points out the backup radios in the server room at South Shore Regional Emergency Communications Center at Hingham Town Hall.

to facilitate this. Shrek was created using grant funds, and the funds it continues to receive have provided critical upgrades to the towns it serves.

Cohasset Police Chief Bill Quigley said, "The purchasing power of the regional dispatch center has afforded us the opportunity to make significant upgrades to our aging communications infrastructure at a very reduced cost."

Since 2012, Cohasset's Police and Fire Departments have been able to incorporate new equipment and technology into their stations and vehicles – and because Cohasset is connected to the regional dispatch center, there will be more where that came from. Silvia looks forward to replacing additional equipment that has reached the end of its lifespan.

For her part, Shirkus has a few things on her wish list, and some of them are things that money can't buy. Sure, she would love to have a training room and additional office space. But even more than that, she'd love to

be able to handle regional cell phone calls at Shrek instead of having those calls go through the State first.

Callers using a landline within any of the four towns serviced by Shrek will reach Shrek directly. But callers on mobile devices have to answer the same set of questions twice: for the state dispatcher, and again once that dispatcher has sent the call along to Shrek.

For a person in a crisis, said Shirkus, this can be incredibly frustrating, although the time lost can be less than people think. Still, it's enough that Shrek has petitioned the state to start letting those mobile calls come into the regional center. There's no timeline yet as to when this could happen.

Another project in the pipeline will enable people to send text, pictures or video to Shrek. This, too, is a state initiative and no rollout date is yet available, but Shirkus said that test sites had been identified for the trial phase of the new technology.

Meanwhile, Shrek is

doing pretty well with the technology it has. Its systems can track which units are out, who is operating them, and where they are; it shows which units are available or out of service. It identifies the nearest fire hydrants and can share alerts with responders. If, for instance, Shrek learns that there are chemicals in the basement, responders at the scene can learn that within seconds.

In the call center, phones are assigned different rings according to priority. When someone calls in from a police or fire department, they can see right away the name of the telecommunicator who is helping them, which helped them learn to identify each other by voice.

It helped, too, that Shirkus arranged for departments to visit the center and get to know the whole team. Her efforts have gone a long way to increase the trust levels that were so lacking in the early days.

"Shrek is technology driven," said Shirkus, "but the human component is still the biggest piece."

—Follow Amanda on Twitter for updates: @MarinerAmandaT

SNAPSHOT

SSRECC (aka Shrek)

Established 2012

Serves four towns: Cohasset, Hingham, Hull and Norwell

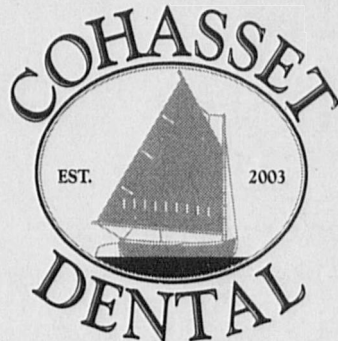
■ Total 911 system calls in 2014: 15,545
■ Population served: 48,527
■ Coverage area: 203.4 square miles

Funding for Fiscal 2016 which started July 1, 2015

■ Municipality
■ Cohasset: \$273,850.01
■ Hingham: \$814,136.58
■ Hull: \$384,816.62
■ Norwell: \$372,916.18
Total: \$1,845,719.40

State 911 Department
Support and Incentive: \$667,485
Training/EMD grant: \$28,000

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CLASSES

From Page A1

However, parents felt misled because spring 2015 budget discussions had allocated funds for five full-day teachers and one half-day teacher. The half-day position was later eliminated when registration showed little interest in the half-day kindergarten program.

Normally, the half-day program is filled, with a total of 15 students, or even over-subscribed with as many as 20. This year, for the first time, it just wasn't a popular option. Predictions based on history and trends suggested a half-day teacher would be necessary, but reality had other ideas.

The board did not see fit to hire a teacher for a classroom of three. Parents wanted to know why the half-day position had not been transformed into a full-day position, making for a total of six kindergarten teachers and reducing average class size to 17 or 18.

The board said the bottom line had been, well, the bottom line. Kindergarten didn't need a sixth teacher to keep class sizes smaller than the recommended maximum. Other grade levels didn't have that luxury, and the funds were redirected where they were needed most.

In addition, some funds were used to provide services to students on individualized education plans, including salaries for educational support professionals. The board was not at liberty to discuss specifics due to confidentiality reasons surrounding students with special needs.

Parents pointed out that they pay tuition, and additional grants are provided at the kindergarten level. Having a sixth teacher, they felt, should not have been a stretch. But the board explained that only a portion of tuition and grant money can be used to pay salaries. The other portion comes from a revolving fund that is used for many purposes.

No one questioned the quality of the teachers. There was unanimous confidence in each instructor's ability. However, many feared that instead of teaching, instructors in large classrooms were being forced to play disciplinarian, despite the National Association's claim that size doesn't matter.

Next year, a sixth kindergarten classroom will be added to keep up with trends. In addition, the school committee agreed to consider the institution of a formal class size policy external to the contracts. As it stands, teacher contracts do contain wording that indicates maximum class size.

In the meantime, the board has already taken steps to ensure that there are multiple adults in each classroom. Two new faculty members will be joining the force in the next couple of weeks. Other classrooms already had an aide present because of students on individualized education plans.

Going forward, the board has agreed to review a monthly 2016-17 enrollment breakdown showing not just the total number of students registered, but a classroom-by-classroom analysis showing how many students are projected to be in each room.

The board urged parents to enroll their students sooner rather than later, if they are school-aged, and to

be sure to include children on their census forms if they are soon-to-be school-aged. This will help the committee project the school's needs more accurately, before the budget gets written in stone.

As it has often done for other groups of parents, the board also urged audience members to get involved if they are unhappy with the way the schools are being run. The school committee and board of selectmen will both have open seats this spring.

At the very least, attending meetings is a good way

The class sizes in Cohasset are comparable to those in neighboring Hingham. Even Dover-Sherborn, considered "best in the district," has an average class size of 20.6.

to stay abreast of the issues before they reach a point where frustrated parents feel they have to band together against the board. Most importantly, said

the board, parents should vote. While many have scheduling conflicts on Town Meeting day, if they don't show up, then the only opinions represented will be those of the community's seniors.

Parents at the meeting were looking for more. They wanted insurance that their children would continue to be placed in an optimal learning environment, even as enrollment continues to grow.

"We will talk to the administration about a mechanism that can give parents confidence that

they won't come back from summer to find 40 students in their child's classroom," promised Superintendent Barbara Cataldo. However, Cataldo and the board were confident that all students had been – and would continue to be – placed in an effective learning environment.

"My children are grown now," said Cataldo, "but if they were this age, I would put my own children in any one of these classrooms."

—Follow Amanda on Twitter for updates: @MarinerAmandaT

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nursery school
signups

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NEWSPAPER

OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Strange times in senate district

After weeks of being in a sort of legislative limbo on the South Shore, there is movement, albeit slower than we'd like, toward electing new representation.

Senate President Stanley Rosenberg and Minority Leader Bruce Tarr released a statement saying the Senate will vote to set a special election date to fill the seat left vacant by long-time lawmaker Robert Hedlund, who was sworn in as mayor of Weymouth two weeks ago.

Long before there was a special election for which to run, candidates began announcing their candidacy for the Senate, starting last summer with Hingham Selectman Paul Gannon. Since Hedlund's win in Weymouth, three other candidates have launched campaigns; Independent Brian Cook, Republican Patrick O'Connor, and Democrat Joan Meschino.

But until the Senate votes Jan. 21, there is no election race for the candidates to run, no nomination papers to pull or file with the 300 certified signatures they'll need to get on the ballot.

We now know the primary will be scheduled for April 12, and the special election May 10.

That means for five months the Plymouth and Norfolk district will be without representation in the Senate — no one making roll call votes, sitting on conference committees, filing or co-sponsoring legislation or weighing in on behalf of the district on matters. That's a long time especially when you consider we've had seamless, uninterrupted representation by Hedlund for more than two decades.

So what can constituents expect if they have a legislative concern?

The senate district offices are still open and staffed — the salaries are funded through the senate budget.

But when we reached the district office in Weymouth late Friday afternoon we were greeted with "State Senator Bob Hedlund... is not available to take your call. Please leave a message after the tone."

On Monday, Sandra Dalton, the director of constituent services and a staff of one in Weymouth said she's still on duty helping people navigate the system and telling them who they

can call for assistance. For legislative issues that's Sen. Vinny deMacedo, R-Plymouth, right now.

In the State House office, Director of Communications Daria Afshar and Louis Howe, who is in charge of scheduling, are still working out the details of legislative affairs they can handle until a new senator is elected.

"We're still responding to the district and constituent concerns during this transition. We don't want people to go without representation," Afshar said.

These are strange days for our senate district.

"Strange but not usual," said Natasha Perez, Rosenberg's chief of staff. "We've dealt with this before," she said, stressing there would be no "diminution of constituent services."

Rosenberg and Tarr in another joint statement stated they'll "continue to work together to ensure there remains an appropriate amount of staff dedicated to serving the needs" of the district.

Senate President Spokesman Peter Wilson said the timing for the election is good, as the new lawmaker will be seated before the senate takes up the budget in late May.

Perez maintains the new member will have the support of the Senate president's office to help them hit the ground running. And while most of this year's legislation has already been filed, the new member will be able to add amendments and have representation in the budget.

That's not quite the same as having a veteran lawmaker at the table at a critical time on the legislative calendar.

And then, within weeks of their arrival on Beacon Hill, our newly elected senator will have to begin campaigning again to keep the seat they've held for only five months, in the November election.

In the district, it will be a hectic spring for our town clerks and costly too, as the eight communities hold at least three, and possibly four elections over a three-month period. In addition to the March 1 presidential primary, there will be the April 12 senate primary and then the special senate election May 10. Add to that an annual Town Election in some towns.



LIFE AT CHS

First semester comes to a close

The midpoint in January means two things. One, snow has finally begun to make its first few timid appearances; the cold finds the exposed pieces of your arm and neck and pokes at them relentlessly. The second thing is that schools all around are filled with hundreds of students watching as the first half of the school year comes to a close with the end of the first academic semester.

With the close of the semester coming up next week, students fill their spare time with reviews of grades, weighing averages and, of course, finding out if there's just one more piece of extra credit they could slip in to bump them up a few points.

Cohasset has always been known for recognizing and awarding their students who go above and beyond with their academic accomplishments. From scholar awards to the honor roll listings, students definitely feel compelled to succeed in school and feel wonderful in doing so.

One of the most recognized achievements many Cohasset scholars have is enrolling in the National Honor Society, or NHS. NHS is headed up by Mrs. Eileen Norton, a freshman English teacher. For juniors and seniors who've achieved a 3.8 grade point average or higher, as well as exemplified excellence in community service, leadership, and character, NHS is an opportunity to expand upon those qualities.

These students run the weekly homework center ran at Paul Pratt Memorial Library on Tuesday evenings, where students



BECCA FREDEY

of any grade level can go to get help on any array of subjects — they can edit your history paper or help you learn multiplication tables.

In addition to this weekly act of volunteering, the students of the National Honor Society are partaking in an activity that requires them to form groups and prepare a community service project of their own. From running all-profits-to-charity bake sales to forming Ecological awareness groups, the students of NHS have proven their intelligence and helpfulness to their community.

The one-act comedy Cohasset Theater Company is bringing to the Massachusetts Theater Guild Festival at the end of February has been named at last; "The Brothers Grimm Spec-taculathon". Led by Ms. Ryan of the middle school and Ms. Foley of the high school, the usual student suspects that frequent the theater scene are ready to put on one of their best — and for some, one of their last — performances. The pressure of Festival is equal parts stressful and enjoyable; for the cast and crew, complete fluidity in their performance piece has to be mastered in time for Festival; the group has a five-minute period of time at the Festival to prepare their sets and props, and exactly forty-five minutes to put on their show.

...students fill their spare time with reviews of grades, weighing averages and, of course, finding out if there's just one more piece of extra credit they could slip in to bump them up a few points.

This task can seem a little daunting, especially for the small group that Cohasset has to offer, but the directors are confident that the talent exemplified by this group of students, along with some visions for the set design, will be more than enough to succeed in this year's festival.

As the hectic nature of the holiday months dies down, the Spinnaker staff is ready for action. Laying out a format for the paper, the Editors-in-Chief (including yours truly!) are expecting to put out an issue by Valentine's Day.

The Spinnaker staff isn't the only team that's on their feet — this past week has seen quite a few successes for Cohasset Skipper sports! Boys' basketball had a victorious home game on Tuesday night against Mashpee, signifying the start of what will hopefully become a successful winter season for the boys. Girls' basketball had quite a few games this past week as well; Monday and Tuesday night the girls saw two victories, one at home against Norton High School and one away at Mashpee. In addition, these Lady Skippers have a game tonight against East Bridgewater, so make sure to show your support!

The swim team saw nothing but success this week as well. For the first

time in Cohasset swim team history, the boys' relay team qualified for states. In addition, senior Julia Klier and freshman Dean Spicer qualified individually for the state tournament in last Saturday's Norwell meet. Boys' and girls' hockey both had games on Wednesday, with the undefeated girls' team facing off against Quincy and the boys against Rockland.

Winter sports are tricky for the students of CHS, as many have awkward locations and set-ups. However, these teams had nothing but support from their peers in the past week.

As we end one of the last weeks before the semester closes, the seniors realize just what "second-semester senior" entails. It means seeing the Guidance hallway walls absolutely overflow with acceptance letters, filling out forms for the cap and gown we'll wear to graduation, and looking for a prom dress (and — perhaps more importantly — a prom date). Lucky for the senior students of Cohasset High, though, there's plenty more to look forward to before our days at CHS come to a close.

— Becca Fredey is a senior at CHS and weekly columnist for the Mariner. Her favorite aspect of the end of the semester is the movies many teachers like to show that "pertain to the curriculum."

Cohasset Mariner

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PANTRY CORNER

Needs greater this time of year

Hello, and welcome to another installment of the Pantry Corner. As you all know, winter is upon us, which means that the food pantry is facing its most difficult time of the year. The Food Pantry needs support from everyone during this time of year because many sadly forget about us after the holidays.

This time of year, people may be forced

The food pantry also encourages food drives. If you are planning one or know someone who is planning one, please let us know and we will advertise it in the paper.

to choose between heat or food, which is part of the reason why the food pantry is in need during the winter months. As always, all goods are graciously accepted and donations of gift cards are

encouraged.

The food pantry also encourages food drives. If you are planning one or know someone who is planning one, please let us know and we will advertise it in the paper.

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." — Winston Churchill

Please contact us using the number 781-383-0219, emailing me at mcsheff110@gmail.com, or at P.O. box 297 Cohasset Mass. 02025.

(Compiled by Andrew McSheffrey)

VIEW FROM THE FRONT PORCH

The Power(ball) of Positive Thoughts

How would you like to get \$100,000, for simply sharing a nice thought? Well, that's exactly what I offered my friends over the past week, but first I had to win Powerball.

Unless you'd been hiding under a rock, you know that the jackpot for the national lottery game, Powerball, exceeded an unprecedented \$1.5 billion. \$1.5 billion meant that if there was a single winner, the person would have won after taxes, somewhere in the neighborhood of \$600 million. Hello? The number of times I buy a lottery ticket each year can be counted on just a few fingers, but this was a lot of money. So like so many others, I headed to the convenience store and threw my hat in to the ring. Now the odds of winning Powerball is something like 550 skajillion to one, or slightly better odds of me ever voting for Donald Trump, but I was feeling lucky. "I'll take two tickets", I said to the clerk.

Years ago, I had a comic strip up on my refrigerator that showed a guy lighting a dollar bill on fire and the caption read, "Steve, unable to get to the store decided to play the lottery at home." That basically sums up how I feel about the lottery; it's a total waste of money if you are playing to actually win. The lottery is in the business of taking your money and giving you very little in return. If you know this up front and if you're responsible in how you play, the lottery can be a fun distraction, but unfortunately for many it's an addiction.

"I'm rich!" I cackled, as I left the store that I was sure I'd be able to purchase in a few days with my spare change. The rush of wealth and power overcame me, but I quickly realized that I didn't shell out my \$4 to become a maniacal madman and knew I had to control my tyrannical urges before I was trumped by my impending wealth. (Note, that's the last Donald Trump reference in this article).

Soon after, I decided that I would share some of my wealth with my Facebook friends. At first I thought about offering each of them \$75,000, but the math was easier by rounding up to \$100,000. With 400 friends I could be giving away close \$40 million, which was awfully freaking generous, but then I realized that I



JOHN MCSHEFFREY

would still have over \$500 million left and it only cost me \$4. Still though, I wasn't quite sure if I was \$40 million nice. If I was going to give someone a \$100 grand, I wanted something in return.

I posted the following on my Facebook Page, "If I win Powerball this week, I will give \$100,000 to every single one of my friends who makes a positive comment about anything (doesn't have to be me) on this post." I had no idea what to expect. While I have some amazing friends, I also have some pretty sarcastic ones too, but I was hoping for the best. Sure enough, the responses started to add up as did my smiles.

Many of the responses were directed towards me and quite complimentary; while warmly appreciated and humbled, I suspected some serious sucking up. But there were other posts as well. One friend posted a photo of a man playing a piano on the sidewalk and wrote, "Here's a picture of the guy across the street from my office playing Peanuts' music in the freezing cold. His bucket says Tunes for Tuition. Give my share to him in recognition of his gump-tion and for spreading cheer."

Another wrote, "My dad is the best person I've ever met. I can't believe how lucky I am." Yet another shared, "Remove the word 'but' from your vocabulary when talking to people about what they do. Replace it with the word 'and.' 'But' negates anything positive you just said and most people stop listening there."

Other comments included, "May the health and safety of all of our children be great in 2016", "Nice Pants", "Life is good! Thanks for year round positivity", "I like sandwiches", "May we all see more live music in 2016" and "Don't forget to smile. It takes the warmth inside and spreads it around. We're gonna need that the next couple of months."

There were over 100 responses which meant that if I won, I would share over \$10 million. Of all the posts, only one was negative and it read "I don't believe you." It was from my Mother,

The number of times I buy a lottery ticket each year can be counted on just a few fingers, but this was a lot of money. So like so many others, I headed to the convenience store and threw my hat into the ring.

thanks Mom. The best responses however, were the ones similar to the post about the man playing the piano. At least 15 percent of the people who chimed in said that if I won, they'd like to their winnings go to charity. I love my friends.

After reading everyone else's responses, I thought to myself, "what would I do if I actually won?" The answer was easy, after paying out all my friends, taking care of family and a few other items; I'd give the rest to help find a cure for diabetes.

I'd gladly donate every single penny if it meant that our daughter's fingers would no longer have to be messed up from countless blood checks, if it meant she wouldn't have to wear an insulin pump and a meter, if it meant she could (for at least one afternoon) eat as much ice cream as she wanted and if we could live without the fear of her blood levels dropping to life impacting levels. If my winnings could help assure that for our daughter and kids like her; I'd gladly part with my winnings, just thinking about it made me tear up.

Well, needless to say, I didn't win. Oh well, I have to say though, I got an amazing return on my \$4 investment.

As always, Thanks for reading and on a different subject, thank you to the amazing David Bowie for the years and years of happiness he brought to so many. I'll always remember his performance to start the nationally broadcasted Concert for 9/11. He set the tone for the night and played a small role in helping our country heal. You are already missed Ziggy and the stars look very different today.

— John McSheffrey has been part of the Cohasset community since 2007 and can be reached at jjmcs@aol.com

COMMENTARY

No ice for this Bern

By Amanda C. Thompson

If we've been at any of the same meetings this week, you've probably seen me sporting my "America runs on Bernie Sanders" button. But I'm not here, making my debut appearance on the op-ed pages of the Mariner, to tell you who to vote for.

I'm here to talk about hope.

If you're feeling the Bern, stick around and nod along. If you can't stand the guy, well, stick around anyway; this is more of a cultural commentary, anyway.

The Bernie Sanders campaign opened its Massachusetts headquarters on Jan. 9th, and I went. And it was a big deal that I went. It was a big deal when I went to the Sanders rally last fall, too. It was a big deal because, actually, I hate politics. Like, neck-and-neck with how much I always hated football. (The reason for both was always, at least partly, that I could never tell what was going on.)

When I was a second- or third-grader at Osgood School, we had a mock election. And that was when I had the realization that shaped my view of politics for the next 20 years: everyone is terrible. There will never be a candidate I agree with on all points, or even most (or any); and if there is, they are probably lying. Voting, I decided, was merely a game of avoiding the greater evil.

But Bernie Sanders changed all that. Suddenly, here is someone who cares about the important stuff. Someone who cares about my mom and dad as they start to think about retirement. Someone who cares about my millennial friends,

I don't want to wear out the "Bern" puns, but he ignited something in my mind that had never been awake before.

scraping together our pitiful earnings (often from more than one job) so that, together, four of us can afford to rent a glorified pile of kindling with a mailing address.

Here is someone I could vote for.

I don't want to wear out the "Bern" puns, but he ignited something in my mind that had never been awake before. Can I detail the ins and outs of Bernie's every position? Or trace the myriad long-term repercussions of his ideas? Of course not. After 20 years of ignoring politics as hard as I possibly could, it's still a bit of a foreign language to me. But here's the thing: I'm reading it.

The gathering at the campaign office was no less than I've grown to expect from Sanders' supporters. The energy was high, and the coffee and buttons were free, and everybody was talking about the same thing: hope.

After seeing a staggeringly young crowd at the rally — like, too young to even be able to vote — I was pleasantly surprised to find the office filled with a more diverse crowd. It turns out Bernie isn't just for desperate millennials drowning in college debt. There are a lot of hopeful hearts out there saying, "Finally, here is someone."

Paul Feeney, the campaign office director, said, "People don't think about politics. They feel politics." Maybe this is true. At the very least, people were feeling that morning's spoken word performance by Holyoke's Maurice "Soulfighter" Taylor. (Anybody else in

this race got a guy who calls himself "Soulfighter" leading a room of proponents in a singalong? Hillary? Trump? Didn't think so.)

Or maybe, what people are feeling is community. What they feel is the momentum of a group of people who want something better for themselves, their families, their children and their country.

Community is powerful. My church community in Marshfield gave me new hope and freedom in a faith I thought I was done with. The community at my volunteer coffeehouse reminds me to be at peace and create. The community of women who encouraged me to start my own business — they were going somewhere, and I wanted to go with them, and I believed that we could get there together.

I believe that, under the leadership of Bernie Sanders, America could "get there" together, too. And I would love nothing more than to see Bernie carry this campaign into the end zone for the touchdown (see? We can learn to follow politics and sports!).

But even if someone else is sitting in the White House next year, it's good to know that there are people around me who also want to "get there" and will band together to do it. No matter who wins, I think America has a lot to look forward to.

— Amanda Thompson is the staff reporter for the Cohasset Mariner; you can follow her on Twitter: @MarinerAmandaT

PLANNING MATTERS

I'm retiring. Now what?

Retiring from a job, and coming to the end of a long career, involves an overhaul of almost every area of life from adjusting to the lack of an alarm clock every morning and deciding how to spend your days, to figuring out where your money will come from and how to deal with the mass of paperwork that can be involved.

So, where should you begin? The first order of business is to make sure that you have figured out where your money is coming from. Assuming you have some sort of defined benefit plan, it could take from one to two months to begin receiving distributions, as the paperwork needs to be processed. And if you have a 401(k) or 403(b) or some other sort of retirement plan you contributed to, you generally don't get a check for at least a couple of weeks after your last day of work. That means you'll need to figure out how to cover those monthly expenses until your first check comes in.

You'll also need to figure out how fund things over the long term, to make sure you have enough money to last you through retirement. If you still can work, you might want to consider part time in some capacity. Not only will it make your money last longer, it will help to ease the transition into



LEANNA HAMILL

not working. Don't forget that for the last 30+ years, you've likely been defined by what you do. In retirement, for better or worse, that work doesn't define you anymore. Working part time can help to ease your transition as you seek to redefine yourself.

Next, you'll need to figure out your health insurance options. If you're eligible for Medicare, you are automatically enrolled at age 65. And although Medicare will pay for a chunk of your medical expenses, you may find it beneficial to enroll in supplemental coverage — either on your own, or through your prior employer if available.

Retirement is also a good time to visit your estate attorney, who you may have last seen 30+ years ago when you wanted to name guardians for your children. Things have probably changed since then — the people you named as executor of your estate may have passed away, relationships with your named health care proxies and agents (under a power of attorney) may have changed and I'm guessing your children

So, where should you begin? The first order of business is to make sure that you have figured out where your money is coming from.

probably don't need those guardians anymore. In addition, the size of your estate may have changed dramatically, which could have tax consequences or change the way in which you wish to distribute your property.

These tasks should keep you busy for the first few months after retirement. Then, once you have a good handle on your finances and have an estate plan in place (so people can help you with financial or health decisions if you become unable), you can hopefully do some of the things you've been dreaming about whether that is taking a trip to Europe, learning a new craft, volunteering with a cause that matters to you or simply waking up with no agenda at all.

— Leanna Hamill is a holistic estate planning and elder law attorney based in Hingham. To learn more about Leanna and her practice, visit her web site HamillLawOffice.com. Alternatively, you can reach her by phone at 781-749-2284 or by email at Leanna@HamillLawOffice.com

LIBRARY CORNER

Human Sex Trafficking talk Jan. 21

Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Call 781-383-1348 for more information or visit cohassetlibrary.org.

Art Exhibit: The South Shore Art Center presents an art exhibit by Susan Ahearn at the Paul Pratt Memorial Library through Feb. 29. The show features everyday objects set in still life arrangements, along with a few landscapes done in oil. All are welcome. Gallery hours are 10 a.m. to 8 p.m. Mondays through Thursdays, 10 a.m. to 5 p.m. Fridays and Saturdays and 2-5 p.m. Sundays.

Human Sex Trafficking: Join Joan Vercollone Barry, a human trafficking

awareness speaker, on at 7 p.m. Jan. 21. Barry will give a talk about human sex trafficking of American born and bred children in the United States. This presentation speaks to the myths and misconceptions surrounding this criminal activity. Free.

Library Book Group: Join for coffee and a discussion of "All the Light We Cannot See" by Anthony Doerr at 10 a.m. Jan. 27. All are welcome.

Online Tools: Discover what the Cohasset library card can do by visiting the website cohassetlibrary.org. Learn a new language with Pronunciator, brush up on skills needed in that new job with Lynda.com, or snuggle down with a good book on a rainy or cold day by

borrowing an ebooks from Overdrive. Call the reference librarian for help accessing these services.

Great Decisions Discussion Group: Registration is now open for the spring session of Great Decisions discussion group at the library. Great Decisions is designed to encourage debate and discussion of the important global issues of our time. Participants are asked to attend eight consecutive weekly meetings beginning with a meeting from 1:30 to 3 p.m. March 2. Registered participants will receive a study book courtesy of the Friends of the Cohasset Library. To sign up, call reference librarian Gayle Walsh or cohassetlibrary.org. Limited to 10 people.

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It has to be good to be wicked!

UPDATE

Special election to fill senate seat

By Alice Coyle
acoyle@wickedlocal.com

The Senate seat held for 22 years by Weymouth's new mayor Robert Hedlund, will be filled in May.

In a joint statement released Jan. 6, Senate President Stanley Rosenberg and Minority Leader Bruce Tarr said the Senate would set the following special election dates to fill the vacancy in the Plymouth and Norfolk district during its next formal session, Jan. 21.

The primary will be scheduled for Tuesday, April 12 and the special election will be May 10.

Four candidates have already announced plans to run to represent the Plymouth and Norfolk district, which includes the South Shore communities of Weymouth, Hingham, Hull, Cohasset, Scituate, Norwell, Marshfield and Duxbury.

Republican Patrick O'Connor, Hedlund's former legislative director and Weymouth Town Council president; Hingham Democrat Paul Gannon, a former state representative from South Boston and current Hingham selectman; Brian Cook of Duxbury running as an independent; and Democrat Joan Meschino, executive director of the Massachusetts Appleseed Center for Law and Justice and a former Hull selectman, have all launched campaigns.

But until the Senate votes to set the election date on Jan. 21, none of them can file the 300 signatures they'll need to run for the seat and get their names on the ballot.

"Everything depends on the Senate," said Brian McNiff, a spokesman in the elections division of the Secretary of State's office. "The Senate sets the date and the election calendar works back from there," he said.

McNiff also explained that there would be both a primary and a special senate election regardless of the candidates' party affiliations. "There are primaries for each party even if there

is no candidate because of the write-in factor," he said.

Senate Rule 5C also compels legislators to act to set the special election, Rosenberg's press secretary Peter Wilson said.

Under the rule, if there is a vacancy prior to April 1 in an even-numbered year, the Senate is required to vote a special election within 20 days after the vacancy occurs.

Whoever is elected May 10 will be seated in time to take part in the Senate budget process, which takes place the last week of May, Wilson said.

Natasha Perez, chief of staff in Rosenberg's office said the new member will have the full support of the Senate President and Senate Counsel to make sure they "hit the ground running." While most of this year's legislation has already been filed, the new member will be able to add amendments and have representation in the budget, Perez said.

Until then, Rosenberg and Tarr wanted to make it clear that constituents in Hedlund's district would not be without legislative services for the next five months.

In another joint statement released Monday regarding the senate vacancy they said:

"The Senate believes that residents and municipal officials within each of the Commonwealth's 40 Senate districts deserve a point of contact for legislative services and assistance with government problems, even when a Senate seat is vacant. To facilitate these functions during a vacancy, the Senate provides each office with professional staffing and material resources, subject to existing guidelines and practices."

With the Hedlund's recent departure, the statement continued, "the offices of the Senate President and the Senate Minority Leader will continue to work together to ensure there remains an appropriate amount of staff specifically dedicated to serving the needs of all

The primary will be scheduled for Tuesday, April 12 and the special election will be May 10. Four candidates have announced plans to run to represent the Plymouth and Norfolk district.

districts, including the Plymouth and Norfolk."

That staff includes Director of Communications Daria Afshar and Louis Howe, in charge of scheduling in the State House office and Director of Constituent Services Sandra Dalton in the district office in Weymouth.

Afshar said the office is still responding to the district and handling legislative affairs during the transition and Perez said there would be no diminution of constituent services. While the staff cannot file legislation, they can advocate and push to further legislation previously filed. The staff can also accept legislation from constituents and find other lawmakers to introduce and support it, Perez said.

Dalton said Hedlund's district office remains open from 9 a.m. to 5 p.m. daily and she is still assisting constituents, taking calls and helping people navigate the system as she has for the past 17 years.

For legislative matters, Dalton is referring constituents to Sen. Vinny deMacedo, R-Plymouth.

Hedlund, who started his new job at Weymouth Town Hall Jan. 4, said he'll continue to pay to keep the district office he's had since 1996 open until the transition is complete.

Constituents in the Plymouth and Norfolk senate district can reach the state house office at 617-722-1646 and the district office located at 1267 Washington St., Weymouth at 781-340-9866.

HEALTH

Referral service helps hundreds

By Kristi Funderburk
kfunderburk@wickedlocal.com

A free helpline offering referrals for a variety of mental health and wellness concerns served about 680 people in nine South Shore towns over 15 months, Rep. Jim Cantwell, D-Marshfield said.

Seeing the value of the William James INTERFACE Referral Service, Cantwell hopes to secure state funding this spring to expand its reach to include all of Plymouth County.

"Because of the great need, we're trying to expand the area," he said.

In 2014, Cantwell worked with state Reps. Josh Cutler, D-Duxbury; Rhonda Nyman, D-Hanover; Garrett Bradley, D-Hingham; and Thomas Calter, D-Kingston, to secure \$100,000 in funding from the state budget to bring INTERFACE to the South Shore for a year. The service was opened to residents of Cohasset, Duxbury, Hanover, Hingham, Kingston, Marshfield, Norwell, Pembroke and Scituate.

Another \$100,000 allowed access to the service to continue through the current fiscal year, which ends June 30. In April, Cantwell wants to pitch setting aside \$250,000 to include the rest of Plymouth County. The funds pay for community outreach, staff to handle the referrals, and embedded clinicians who train doctors in the area signs of behavioral health problems.

Before the helpline was available locally, people would often have to call his or her insurance company and receive a list of providers, calling around until they found the best fit and availability for an appointment.

INTERFACE streamlines the connection between people seeking help and those who

provide it, Cantwell said. Callers speak to representatives that do a thorough intake and match them with mental health providers. The helpline operates from 9 a.m. to 5 p.m. Monday through Friday at 888-244-6843.

Bradley said he fully supports extending INTERFACE's operations to other communities, including Hull, "which will allow them to continue their successful work in making a real difference in the lives of people dealing with adversity."

"The ability to access mental health services in a timely fashion — and not depending on the often cumbersome process of contacting one's insurance company for a referral list — is vital to those individuals suffering from depression or substance abuse and the loved ones who want to help," he said.

Cantwell said the service has played a powerful role in helping people who are considering suicide.

"We've come out of the worst recession of our lifetime. That coupled with the explosion of substance abuse has created factors where far too many people have taken their life," he said.

The concern is so significant in his constituents' towns of Marshfield and Scituate that he helped launch a joint suicide prevention coalition in spring of 2014 to give the communities an outlet where they can openly talk about their problems.

He feels the group has been successful so far, thanks in part to the helpline and experts that attend the occasional coalition meetings.

Statewide there were 585 suicides, down from 624 in 2012, and 326 motor vehicle deaths in 2013. Most suicides in 2013 involved men between ages 45 and 54. Suicide rates increased an average of 3.6 percent per year, the report shows.

There were roughly 38 percent more suicides in 2013 than in 2003 when there were 424 suicides.

Alan Holmlund, director of the Massachusetts Suicide Prevention Program, told the State House News Service that Massachusetts has one of the lowest suicide rates in the country.

"One reason for that is the fact that most of the state is fairly densely populated and we have pretty easy access to emergency medical care... we believe that there are people that are saved because of interventions that occur by our emergency medical personnel," he said. "We have lower household gun ownership... and our mental health system, as much as we complain sometimes about access to mental health services, we are so far ahead of many, many states."

The state report shows poisoning by substances, ranging from alcohol to opiates, was second only to suffocation as the most common method for suicide in 2013, according to the report. Opiates and antidepressants were the most common types of substances used in poisoning suicides.

Sixty-three percent of female victims — 99 people — and 37 percent of male victims — 159 people — had a history of treatment for a mental health or substance abuse problem, the report said.

Communities statewide are trying to push prevention and offer help for recovering addicts in the wake of an opiate epidemic. Cantwell said he worries the continually increasing substance abuse could mean increased incidents of suicide.

Editor Mary Ford contributed to this report. Follow editor Kristi Funderburk on Twitter @kfunder

COH



Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 41 -
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January 4-8, 2016



Senator
Robert L. Hedlund
(R-Weymouth)
617-722-1646
Room 313C



Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE: Beacon Hill Roll Call records the votes of local representatives on roll calls from the week of January 4-8. There were no roll calls in the Senate last week.

SEWER IMPROVEMENTS (H 3654)

House 152-0, approved a bill that would allow cities and towns to reduce and spread out the annual tax that homeowners pay when they are the beneficiary of a sewer betterment. A special assessment is permitted to be levied by a city or town when property within a limited area receives a special benefit or advantage, other than the general advantage to the community, from the construction of a sewer.

The proposal would increase from the current 20 years to 30 years the time period over which homeowners can spread out their payments. Current state law requires towns to charge 5 percent interest on the unpaid balance of the tax or 2 percent above the rate at which the town borrowed the money for the project. The bill would allow cities and towns to charge less, possibly as little as 0 percent interest.

Supporters said the bill is a local-control one that would provide the cities and towns in the Commonwealth with options to keep the cost of any sewer betterments as low as possible for the homeowner. They noted communities will have the choice whether or not to opt into the system.

The Senate approved the measure on a voice vote without a roll call and sent it to Governor Charlie Baker.

(A "Yes" vote is for the bill.)

Rep. Bruce Ayers	Yes
Rep. Garrett Bradley	Yes
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	Yes
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	Yes
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	Yes
Rep. Generic	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes
Rep. Matthew Muratore	Yes
Rep. James Murphy	Yes
Rep. William Straus	Yes
Rep. Walter Timilty	Yes

ELIMINATE AUTOMATIC DRIVER'S LICENSE SUSPENSION (S 2021)

House 150-0, approved legislation that would repeal a 1989 law which automatically suspends for up to five years the driver's license of anyone convicted of a drug offense even if the offense is unrelated to driving a vehicle. The proposal allows automatic license suspension for anyone convicted of trafficking in illegal drugs, except for marijuana. It also repeals the current law that requires offenders to pay a \$500 fee to get their license back.

Supporters said the current archaic law does not make sense and is counterproductive because it prevents many offenders from having the mobility to find and/or retain a job, drive their children to school, travel to a doctor and do many other things necessary to help them rebuild their lives. They noted the bill is retroactive and also applies to people who currently are

without a license because of this law.

The Senate approved a different version of the bill in September. The House version now goes to the Senate for consideration.

(A "Yes" vote is for the bill.)

Rep. Bruce Ayers	Yes
Rep. Garrett Bradley	Yes
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	Yes
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	Yes
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	Yes
Rep. Generic	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes
Rep. Matthew Muratore	Yes
Rep. James Murphy	Yes
Rep. William Straus	Yes
Rep. Walter Timilty	Yes

ALSO UP ON BEACON HILL

CREATE SENIOR SAFETY ZONES (H 531) - The House gave initial approval to legislation allowing cities and towns to implement senior safety zones in which the speed limit would be lowered to 20 mph. The zones would be near senior citizen housing, hospitals, nursing homes, assisted living facilities, senior centers and other senior establishments. Supporters said these zones, similar to current school safety zones, would reduce accidents and injuries and save lives.

REPORT DRIVERS WITH SUSPENDED OR REVOKED LICENSES - A law that went into effect on January 1 requires the Registry of Motor Vehicles to notify the local police department when the driver's license of a local resident is suspended or revoked. The notification is only required in certain cases including vehicular homicide, drunken driving, if the person is a habitual traffic offender or poses an immediate threat to public safety. Included in the notification would be the offender's name, address, license plate number, type of car and driving record.

Supporters say this new law would enable local police to spot and track drivers who are driving without a license. They noted it could prevent injuries and even save lives.

REDUCED INCOME TAX - A law that reduces the income tax rate and long-term capital gains tax from 5.15 percent to 5.10 percent went into effect on January 1. The tax cuts do not need the approval of the Legislature. They are part of a system devised by the Legislature when it approved a \$1 billion-plus tax hike package in 2002. The package set the long-term capital gains tax at 5.3 percent and froze the income tax rate at 5.3 percent instead of allowing it to drop to 5 percent in January 2003 — a reduction that was approved by voters in 2000. The 2002 law also includes an automatic trigger that reduces both taxes by one-half of one percent each year that the state's economic growth is at least 2.5 percent until each tax is reduced to 5 percent. The 2015 growth was 5.37 percent, more than twice the amount necessary

for the cut. The Department of Revenue estimates that the tax cuts will reduce state revenue by \$74 million in fiscal year 2016 and \$152 million in fiscal year 2017.

CORPORATE TAX DELAY AND EARNED INCOME TAX CREDIT - Also taking effect January 1 is a new law increasing the earned income tax credit for low-income working families with children living at home from 15 percent to 23 percent of the federal credit. The credit is applied toward the taxpayer's liability, and if it exceeds the liability, the taxpayer receives the excess credit as a refund.

The law also again delays implementation of a long-delayed tax break for national corporations that was passed into law in 2008 but has never been implemented.

Supporters say this increased earned income tax credit will help thousands of low-income working families who are struggling to make ends meet and will result in many of them paying little or no state income tax. They argue that delaying the unaffordable business tax break is fair and leaves the door open to future implementation.

BICYCLISTS AND HOSPITALS - The Transportation Committee held a hearing on a bill prohibiting drivers from parking or idling their vehicles on any bicycle path or to generally interfere with the safety and passage of bicyclists (S 1808). The committee also is considering a proposal requiring signs indicating the direction of a hospital with an arrow to include the distance in miles to the hospital (S 1847).

"TOY" GUNS (H 3476) - The Public Safety Committee held a hearing on a bill that would require all imitation firearms to have a non-removable one-inch orange stripe, visible from every side, and to be a color other than black, blue, silver or aluminum, the traditional colors of real weapons. Imitation firearms include any air rifle, pellet gun and BB gun or any device that substantially duplicates or can reasonably be perceived to be a real gun or rifle. Current federal law requires guns to have only an orange tip.

Supporters said orange tips are not visible enough and can be easily painted over or removed. They argued this new proposed law will make it a lot easier for law enforcement and the public to determine whether a person is holding a real or fake gun or rifle. They cited the case in Cleveland in which 12-year-old Tamir Rice was shot to death by police after his air gun was mistaken for the real thing.

Opponents said the proposal is flawed because people could put the orange stripes on a real gun to fool police and others into thinking it is fake. They said that to add to the confusion, criminals could easily paint their real weapons a bright color to confuse police.

HOW LONG WAS LAST WEEK'S SESSION? Beacon Hill Roll Call tracks the length of time that the House and Senate were in session each week. Many legislators say that legislative sessions are only one aspect of the Legislature's job and that a lot of important work is done outside of the House and Senate chambers. They note that their jobs also involve committee work, research, constituent work and other matters that are important to their districts. Critics say that the Legislature does not meet regularly or long enough to debate and vote in public view on the thousands of pieces of legislation that have been filed. They note that the infrequency and brief length of sessions are misguided and lead to irresponsible late night sessions and a mad rush to act on dozens of bills in the days immediately preceding the end of an annual session.

During the week of January 4-8, the House met for a total of six hours and 16 minutes while the Senate met for a total of two hours and 46 minutes.

COHASSET REC

Yoga Classes for All Ages

Did you know that Cohasset Recreation Department has a wide-variety of yoga classes? There's something for everyone from new classes for middle high schoolers/high schoolers to Yoga Mixology to Senior Yoga and more. Instructors include familiar faces Amy DiLillo and Carol Anglin.

The Recreation Department is pleased to welcome the newest addition, Cindy Matheison. Matheison a Cohasset resident, has been practicing yoga since 1999. She completed a teacher training in March 2006, led by Michael Hamilton who is authorized by Sri K. Pattabhi Jois to teach Ashtanga Yoga as it is taught in Mysore, India.

There are two Ashtanga classes to choose from (age 18 and older).

■ **Ashtanga Yoga Half Primary Series:** Class includes sun salutations, standing poses, half of the seated poses, modified finishing sequence and rest. Tuesdays 1/26- 1/27 from 9:30 to 11 a.m.

■ **Ashtanga Yoga Foundations (Introductory):** This class will begin with yin poses (meditative, seated stretching) then focus on sun salutations, including proper breath and alignment, standing poses and some seated poses. Class will conclude with a modified finishing sequence and rest. Thursdays: 1/21 - 1/23 from 9:30 to 11 a.m.

Amy DiLillo is a familiar teacher at Cohasset Recreation. The new addition to her already expansive line up of Recreation Yoga Classes is Middle/High School Yoga and Yoga Mixology.

■ **Middle/High School Yoga:** This is a beginner friendly class. Amy will explore healing yoga poses, flows and meditations that can help elevate or calm your energy and teach you to stay healthy and focused in the new year. Wednesdays 1/20-1/22 from 2:45 to 3:45 p.m.

■ **Yoga Mixology:** Wednesdays 1/20-1/22 from 9:30-10:30 a.m. Eclectic yoga mix of (non-heated) flow, therapeutic, yin and Yoga Nidra. Beginner friendly class with lots of weekly variations.

Senior Yoga is an existing, very popular class, taught by Carol Anglin. It focuses on stretching for improved flexibility, balance and injury prevention. It includes safe and intelligent stretching sequences combined with balance and exercises designed to enhance one's physical and mental well being.

Classes are taught at 100 Sohier St., the new home of Cohasset Recreation Center. Classes can be purchased as a series. Drop-ins also welcome. To learn about all yoga classes, descriptions, schedule, costs and registration visit: cohassettrec.com

AT CHS

Job Fair

Staff photos by Chris Bernstein



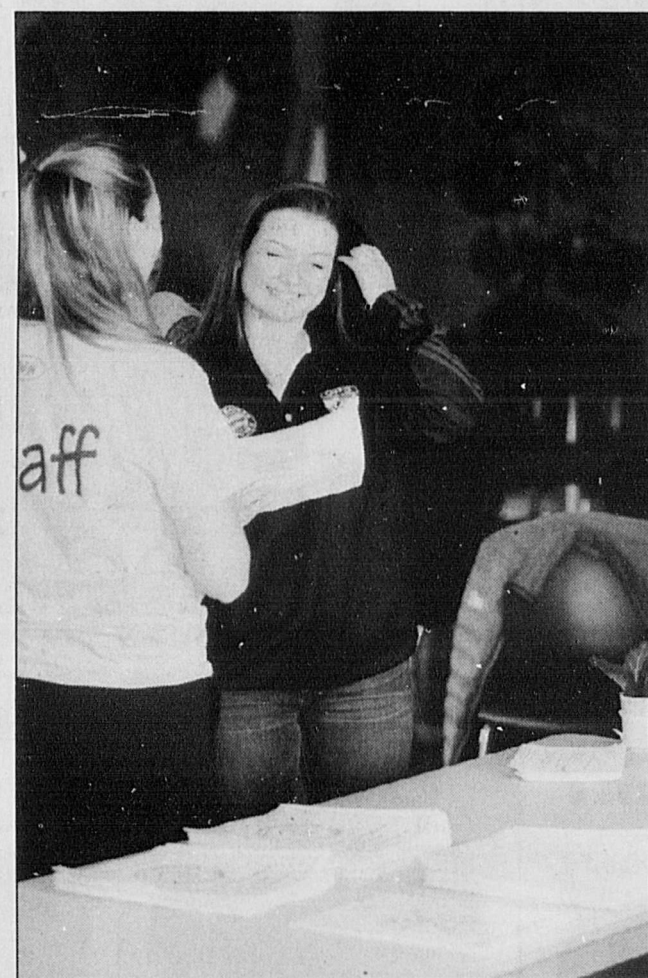
Freshman Jack Mahoney discusses summer job opportunities with Kari O'Donnell of the Sandy Beach Assoc.



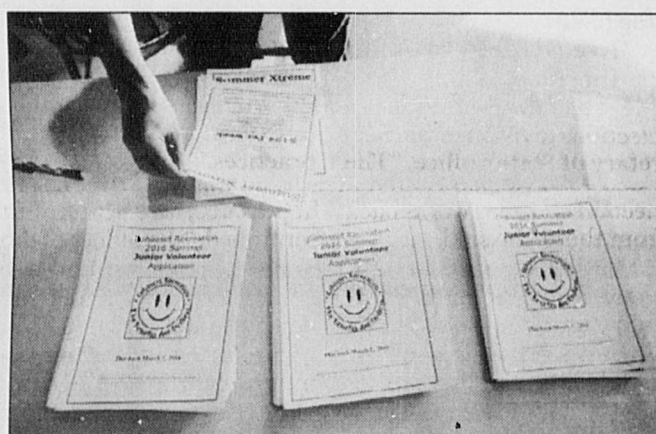
Middle School 8th graders Margaret Curley and Anna Thomas arrive in the school cafeteria for lunch (far right), as Job Fair volunteers L-R, Jon Belber, Holly Hill Farm; Kari O'Donnell, Sandy Beach Assoc.; Jenna McCarthy, Coh. Rec. dept., Emily Robbins, Coh. Rec., Mickey Barry, Coh. Rec., and Julien Geyer, Coh. Rec. stand ready to council MS and High School students.



Job Fair volunteer Kari O'Donnell of the Sandy Beach Assoc. patiently awaiting students at the High School cafeteria.



Dulaney Bernstein (R) chats with Emily Robbins of the Coh. Rec. dept. during the CHS Job Fair.



Available reading material at the CHS Job Fair.



Abby Thomas (far right) talks with Emily Robbins from the Coh. Rec. Dept. at the CHS Job Fair.



Sophomores L-R, Ryder Sullivan, Margaret Norton, Natalie Klier, and Zoe Doherty, chat with Kari O'Donnell from the Sandy Beach Assoc. during the CHS Job Fair.

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11 a.m. to noon, Jan. 16. Contact Brown Boar Farm to pre-order. See Holly Hill website for a link to their price list for 2016 and info on ordering. An alternative to commercial farm products, Brown Boar Farm raises heirloom breeds of pork and beef, while helping to ensure the continuance of these animals. The animals are raised humanely and the farm respects the environment by protecting their land and streams for future generations.

Knitting 101: 6 to 8 p.m. Feb. 3, 10, 17 and 23. Carrie Weinstein will be the instructor. During the four-week period,

Carrie Weinstein will teach attendees the basic concept of knitting, like how to cast on, knit, purl, bind off and read an easy pattern. Attendees will then apply these skills to begin a simple cowl. Bring materials. Cost: \$80. For information: 781-383-6565; cprentice-hollyhillfarm@verizon.net.

School Partnerships: As the farm teachers busy themselves with scheduling field trips and planning for spring seeds, there are still programs to teach at schools. Recently, an indoor vermicompost was taught at The South Shore Educational Collaborative. An indoor bin for food scraps and added red wiggler worms was started to do the work of making compost. Soon, attendees will look at seed catalogues at The Old Colony Montessori School elementary classroom.

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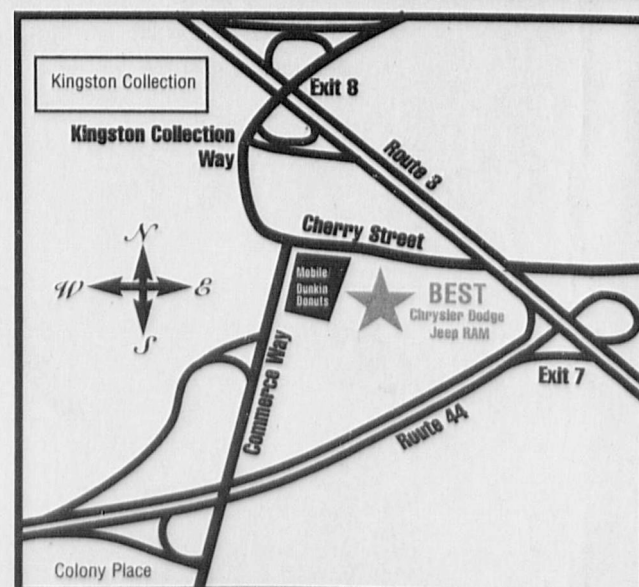
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SPORTS

MORE INSIDE

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■ READER'S CHOICE, B8

■ HOROSCOPES, B12
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QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send Your Stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportguy

GIRLS YOUTH SOCCER

Hot Shots Soccer kicks off Jan. 24

Hot Shots Soccer, an innovative and fun program for girls is ready to kick off the 2016 season, Jan. 24.

The program for girls uses puppets, parachutes, pillow fights and other imaginative, kid-friendly activities in a non-competitive, fun, supportive environment to develop soccer skills and self-esteem in preschool through fifth-grade girls (ages 2-10). Hot Shots also encourages reading, offering the girls a choice of hundreds of books each week. The girls take four home each week for reading with their parents.

Hot Shots, which runs on nine Sundays from Jan. 24-Mar. 20, is based in Marshfield but is open to girls from all South Shore communities.

The 2016 season begins Sunday, Jan. 24, and there are plenty of openings in all the sessions. The sessions are: 9 a.m., 10 a.m., and 11 a.m. for ages 2 to 6 plus an advanced skills session at noon for grades 1-5.

The sessions are held at the Furnace Brook Middle School gym in Marshfield. The fee is \$95 and includes a T-shirt and medal. Registration forms and more information are available on the Hot Shots website (hotshotssoccer.org).

For more information, call John Wilpers (617-688-0137-cell), writehotshotssoccer@aol.com or go to hotshotssoccer.org.

BOOK SIGNING

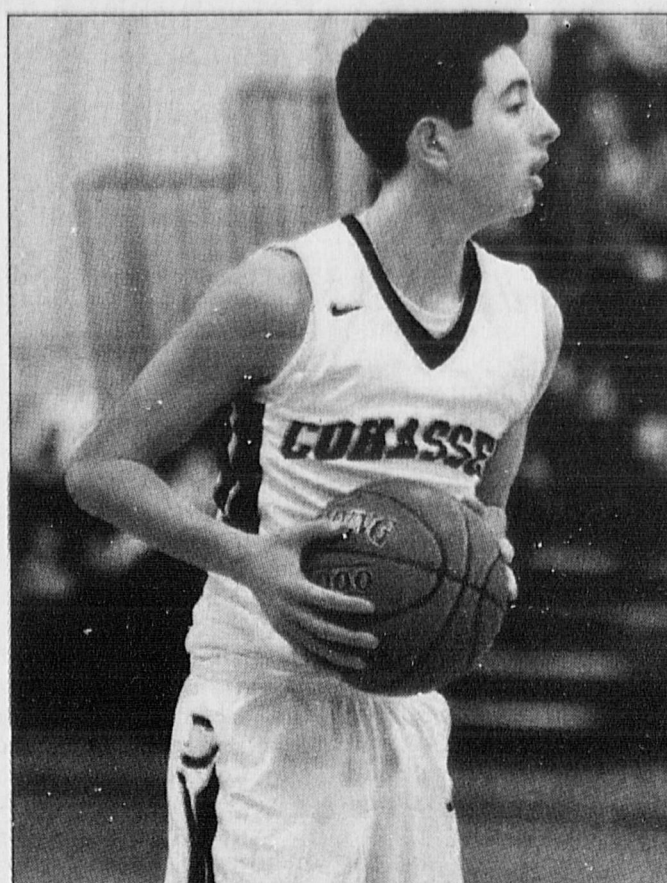
Meet Troy Brown

Patriots fans will have the opportunity to meet former Patriots wide receiver and three-time Super Bowl champion Troy Brown at two book signings he will conduct on Monday, January 25 in Acton and Tuesday, January 26 at 7 p.m. at Barnes & Noble on Derby Street in Hingham.

Brown and co-author Mike Reiss will be signing copies of his new book *Patriot Pride: My Life in the New England Dynasty*.

Spotlighting a New England sports icon, *Patriot Pride: My Life in the New England Dynasty* chronicles the extraordinary life and career of Troy Brown, the talented athlete who played 15 seasons with the New England Patriots. In his own words, Brown demonstrates how his grit, hustle, and hard work endeared him to a generation of football fans. The player explores his own past, relating how he made it through college and into the pros despite

SEE BRIEFS, B3



Cohasset's Sam Lelio in action against SSVT Dec. 28. WICKED LOCAL PHOTO/WILLIAM WASSERSUG

SPORTS ROUNDUP

Basketball beats Mashpee

Girls hockey ties North Quincy, boys hockey wins

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys basketball team shook off its injury situation at least for a night as the Skippers beat league rival Mashpee 42-37 January 12 at Cohasset High School.

The win improved the Skippers to 5-2 this season and helped the team back on track after a 70-54 loss to Rockland Jan. 8.

In the Mashpee win, sophomore Chase Bomeisler scored 13 points, and senior Alex Norton added 12 for Cohasset.

The Skippers are back in action Friday, Jan. 15 at East Bridgewater.

The girls basketball team had a solid win over Mashpee as well, winning 54-26, January 12.

The win improved the girls to 7-4 and followed a 37-30 win over Norton, Jan. 11.

Girls hockey

On the ice, the Cohasset/Hanover girls hockey team added another tie to their still undefeated season, battling to a 0-0 tie with North Quincy/Quincy, Dec. 13 at Randolph's Zapustas Arena.

"Today's game with Quincy was very exciting," Cohasset/Hanover coach said. "Both teams played solid defense and both teams had numerous opportunities to score. As

usual Shea Kearney played amazing and kept us out of a lot of trouble. We were able to fend off two five-on-three's with her outstanding play. She recorded close to 40 saves."

Beal said the saves were even more important as the Cohasset/Hanover offense wasn't able to keep pace with Quincy shot-for-shot.

"We were not able to pepper their goalie with as many shots but we notched close to 20," Beal said. "Offensively we just didn't gel as well as we have been. We haven't played in a week and we were slow to get started."

SEE ROUNDUP, B2

SWIMMING

RELAY HISTORIC PERFORMANCE



Brigid Driscoll competes in the 100-yard butterfly race in their meet against Norwell on Saturday, Jan. 9, 2016. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

Boys 200 relay qualifies for States, a first for Skipper boys relay teams

The Cohasset Mariner

The Cohasset swim team has had a big turnout this year - the biggest in the program's history, and with first-year head coach Bill Burnett at the helm, the team has responded in epic fashion.

Coach Burnett challenged

the team prior to its January 9 South Shore League meet against Norwell High School to swim smart and swim fast. They did just that.

The boys 200 Freestyle relay consisting of Luke Norton, Levente Haber, Joe Wellman, and Dean Spicer crushed the school record and became the

first boys relay team ever in the program history to land a spot at the state championship meet next month. With a time of a total 1:38.01 they beat the state cutoff time by more than a second.

"The boys swam a near perfect relay," said Burnett, "I pushed the boys hard to focus hard and get mentally prepared

SEE HISTORIC, B3

WRESTLING

Cohasset Wrestling Tournament

Mavilia a winner for Skippers

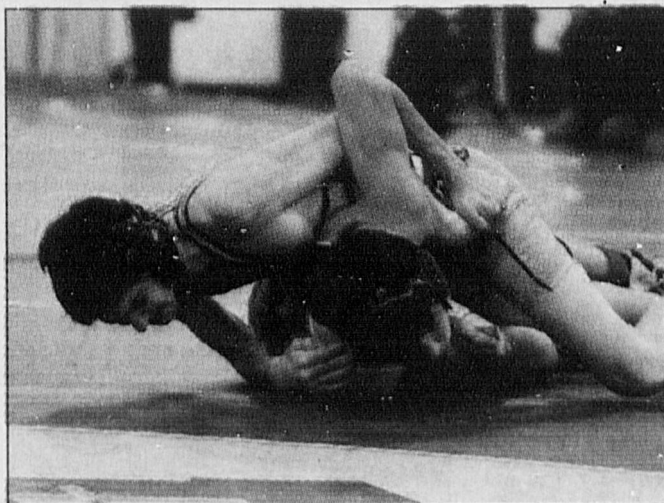
By William Wassersug

The Cohasset wrestling team hosted its 25th annual Cohasset Wrestling Tournament, Jan. 9 at Cohasset High School.

Sean Mavilia finished first at 152 for the Skippers.

Place winners for Cohasset were Cole Sullivan, Grant Guempel, Joseph Fox and Luke O'Brien.

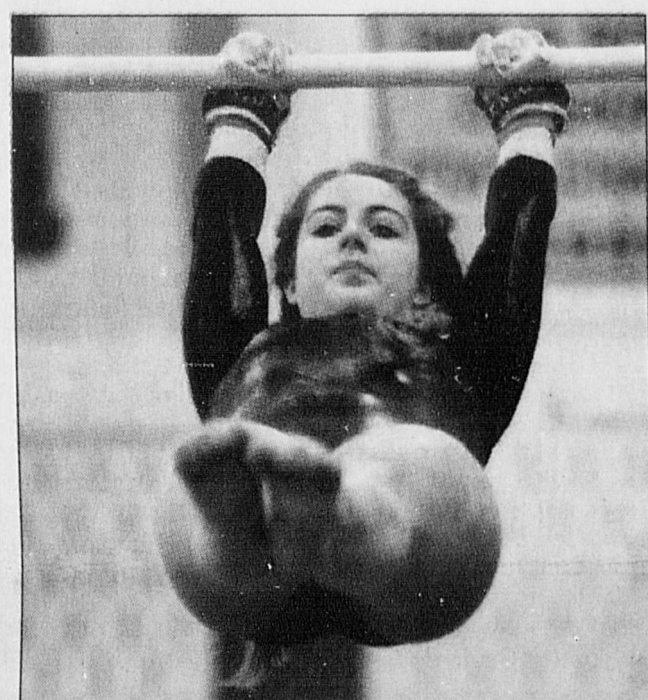
The Skippers also faced Rockland, Jan. 13, losing a hard-fought 45-33 decision.



Cohasset's Joe Fox (120 lbs) has a hold of Norwell's Lukas Palzkill during their match in the Cohasset wrestling tournament. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

GYMNASTICS

Playing a numbers game



Cohasset junior Elizabeth Coletta performs on the bars at Hanover High School, January 7. WICKED LOCAL PHOTO/WILLIAM WASSERSUG

Cohasset-Norwell gymnastics finding right lineup with deep roster

By Mark Ducharme
Correspondent

Cohasset-Norwell gymnastics coach Cassie Pacella is playing her own version of the numbers game.

The Skippers coach is trying to determine how to use her numbers, of nine Cohasset girls and nine Norwell girls at their optimum best this year.

"I am very fortunate," said Pacella. "We have 18 girls that all have great talent. It makes it hard for me, because it's tough to figure out the lineup and who is going to be competing and who is not going to be competing for the six girls in each event."

Pacella used her non-league tri-meet with Hanover and Pembroke-Silver Lake to help guide her even more.

"Because this was a non-league meet, we had girls trying different skills that they don't usually perform just to see how they do and they did well," Pacella said. "We had girls that had higher scores than usual

and we had some scores that were not as high as usual."

The Skippers had one meet during the month of December in the Pilgrim Conference and it was against Carver-Sacred Heart, which they defeated. They fell to Falmouth in their first meet in January.

Pacella felt her team learned a little bit about themselves in the Carver meet.

"We had the one meet in December," Pacella said. "The girls actually did really well. They all performed phenomenal in that meet they were getting all eights and we scored a 128.5 as a team."

"This tri-meet will help us because we are going up against some of the top teams in the state. This was more of an even match for us. We got an idea about some of the other competition outside our league. There are meets that we can win and meets we will lose."

Cohasset-Norwell has another non-league meet with Scituate on Jan. 16 and a big one with perennial power Barnstable on Jan. 20.

Pacella feels good about

SEE NUMBERS, B2



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YOUTH BASKETBALL



The Cohasset Grade 5 Girls team is: Lauren Wolpers, Grace Madden, Bella Picot, Sarah Conroy, Erin Rennie, Bella Hersey, Emma Goff, Hannah Bliss, Anna O'Leary, Jenny Coletta, Isabella Smith (not pictured), Jim Madden (coach), Jodie Goff (coach). COURTESY PHOTO

Fifth grade girls travel team wins Derby Academy Tourney

The Cohasset fifth grade girls travel team participated in a tournament at Derby Academy over the weekend, playing Hingham, Norwell and Braintree in back-to-back round robin games.

With every girl on the team playing their

heart out, Cohasset earned the best record of the night and won the tournament.

Proceeds of the tournament were donated in Cohasset's name to Outreach, a nonprofit focused on ending hunger in Massachusetts

HOCKEY

Stingers tie Whalers in wild one

South Coastal Hockey League roundup through Jan. 10

By Mark Ducharme
Correspondent

The Stingers and the Whalers produced one of the wildest games in the South Coastal Hockey League this year.

Scott Kelly of Pembroke nearly helped the Stingers pull out a come from behind win. He scored his third goal of the game on a power play and John Dunn added a goal with 10 seconds left to tie the game, 5-5 and send it into overtime. Kelly scored for the Stingers in the shootout, but Scituate's Bill McMahon scored on the last shot of the shootout to give the Whalers a 5-5 tie.

Pat Mulkern also of Pembroke scored a goal and set up another one for the Stingers.

Peter O'Brien scored two goals, Don Sullivan had a goal and an assist, Dave Howe of Scituate and John Guilderson added a goal each for the Whalers, who had a chance to ice the game, but missed an empty-net chance with 30 seconds left.

Daron Jacobs of Pembroke and Tim Fallon both scored two goals and assisted on another as the Sharks built a 5-1 lead, but had to hang on for a 6-5 win over the Toros.

The Sharks Art Riccio and Marshfield's Tim Cruz both

had a goal and an assist in the game.

Steve Figioli had a goal and two assists for the Toros. Steve Colella had a goal and an assist while Marshfield's Joe Craig, John Tympanick and Peter Cleary of Pembroke added a goal each.

Mike Evans of Pembroke scored two goals and Marshfield's Ed Burke and Steve Mudge both had a goal and an assist as the Crusaders rolled to a 7-1 win over the Saints.

Mike Simon, Jim Donovan of Marshfield and Hingham's Nate Rasmussen added a goal each while John Davey scored for the Saints in the third period.

AWARDS

WATD hosts Football Awards Celebration

Gridiron Greats earn their due as radio station honors local coaches and players

By Shaun Galvin

Sunday January 10, WATD 95.9 FM Radio held their annual High School Football Awards Celebration at Marshfield High School.

The ceremonies began with the Duxbury High School cheerleaders dancing to the song Jump Around a song that first started playing at University of Wisconsin football home games.

WATD Radio Sports Director and play-by-play announcer Bill Wilhelm served as master of ceremonies and awards were presented to various South Shore area football coaches and players.

Tony Lagreco was the guest speaker who spoke to players and coaches and others in attendance about losing his son to an opioid drug addiction.

In The Atlantic Coast League Marshfield head coach Lou Silva was awarded Coach of the Year and Marshfield quarterback Jack Masterson and Marshfield tight end Danny Dalton were named co-players of

the year.

In The Patriot League Keenan Division, Duxbury head coach Dave Maimaron was awarded coach of the year and Duxbury quarterback Bobby Maimaron was named player of the year.

In The Patriot League Fisher Division, Hanover head coach Chris Landolfi was named Coach of the Year and Hanover football player Patrick Flynn was named player of the year.

In The South Shore League Large, East Bridgewater head coach Shawn Tarpey was named Coach of the Year and wide receiver Jake Peterson was named player of the year.

In The South Shore League Small, Mashpee head coach Matt Triveri was named Coach of the Year and Mashpee running back Deshaun Dias was named player of the year.

For the second year in a row Coaching Legends from across the South Shore were honored and they got to speak about their experiences.

This years WATD Radio Coaching Legends were former Hingham football

coach Paul Killinger, former Rockland football coach Ken Owen, former Hanover High boys ice hockey coach and current girls tennis coach Jim Sylvia, current Hanover High field hockey coach Judy Schneider, current Cohasset boys basketball Coach Bo Ruggiero, and current Cohasset girls basketball coach John Levangie.

For the first time several Student Football Legends were honored and got to speak about their experience going from a high school football player to a college athlete.

This year's WATD Radio Student Football Legends were former Duxbury High football player Grant Bowen and former Cohasset High football and current Mass Maritime football players Shane Haggerty and Chris Haggerty.

The WATD Ron Burton Sportsman Awards were presented to former Whitman Hanson Football standout and current Cardinal Spellman assistant football coach Ryan Cadress, Marshfield High School Athletic Director Scott Madden and Duxbury High School Athletic Director Thom Holdgate.

NUMBERS

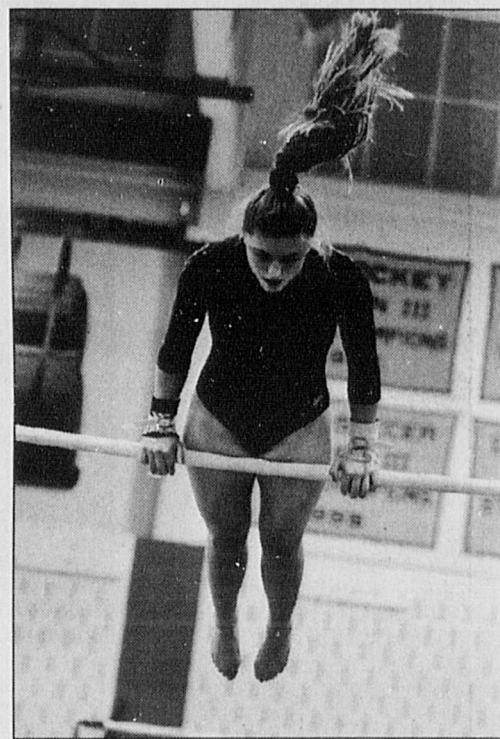
From Page B1

the depth of her team which is led by all-around Claire Brookbank and Elizabeth Colletta. The tri-meet saw Colletta finish with an all-around score of 33.8 and Brookbank finished with an All-around score of 31.5

Colletta had a score of 8.7 on both the floor and beam while Brookbank's best score was an 8.3 on the vault for Cohasset-Norwell, which finished with a 126.4 in the tri-meet. Hanover had a 122.9, while Pembroke-Silver Lake had the top score with a 130.1

"We have two good all-around performers," said Pacella. "Claire Brookbank and Elizabeth Colletta. Our senior captains, Mimi Waters and Olivia Rober are good leaders. Olivia had a high bars score (7.7), she also competed on the floor (7.2) and the vault (7.4). Mimi competed very well on the beam with a score of 7.1."

"We also have Danielle Picot, who is really good on beam (7.6). We have a lot of new talented girls on the team, Bridget Wixted for bars, Caroline Gillis in two events (beam and bars) and she came back from an injury, she is still getting high sevens and eights for us. We have Nikki Brown and Evelyn Lane that compete a lot and they are both scoring



Norwell senior captain Olivia "Livy" Rober on the bars at Hanover High School, January 7. WICKED LOCAL PHOTO/WILLIAM WASSERSUG

ROUNDUP

From Page B1

"As nice as a win would have felt we were fortunate to come out with a point. Hopefully we take the errors we made today and mentally prepare for the weeks to come. As we prepare to turn the corner and we've got some work to do but I like where we are sitting."

The tie was the second tie with Quincy/North Quincy this season. The teams tied 2-2 Jan. 2.

Boys Hockey

The boys hockey team had a strong game in its last outing with a 3-1 win over South Shore League foe, Rockland, Wed. Jan. 12.

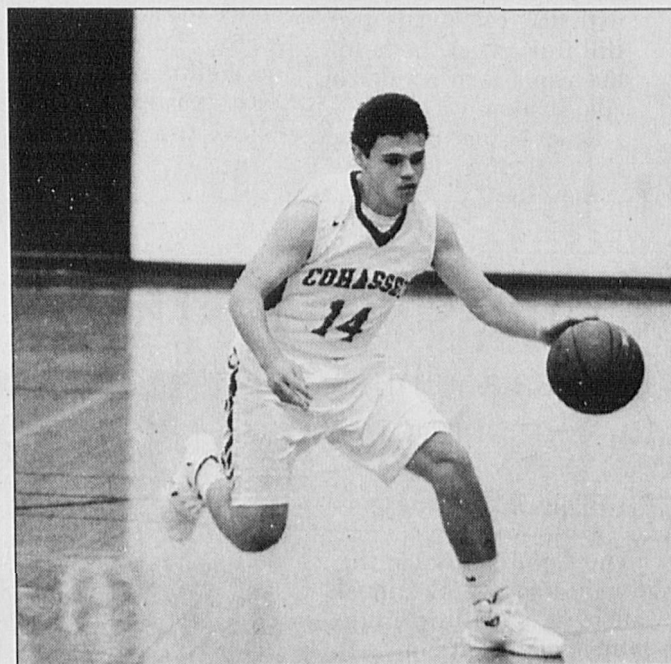
Junior Michael Cohen scored twice and senior Jimmy Farren had a solo tally as the Skippers notched the win.

Senior goaltender Liam McHugh made 27 saves in the winning effort.

Junior Mike McKelvey chipped in with two assists on the night.

Cohasset is now 4-0 in the league and 5-3 overall.

"We came out flying and probably played our best period of the year in the first," Cohasset coach Phil Mahoney said. "Some penalties slowed our momentum in the second and we gave them some life with a goal in the third, but the team showed great character and resolve with a late goal and solid defensive play. This was a big win for us and I was impressed with the team's overall effort."



Cohasset's Liam O'Connell brings the ball up during a 54-43 win over SSVT Dec. 28. WICKED LOCAL PHOTO/WILLIAM WASSERSUG

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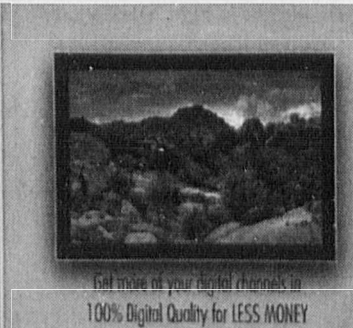
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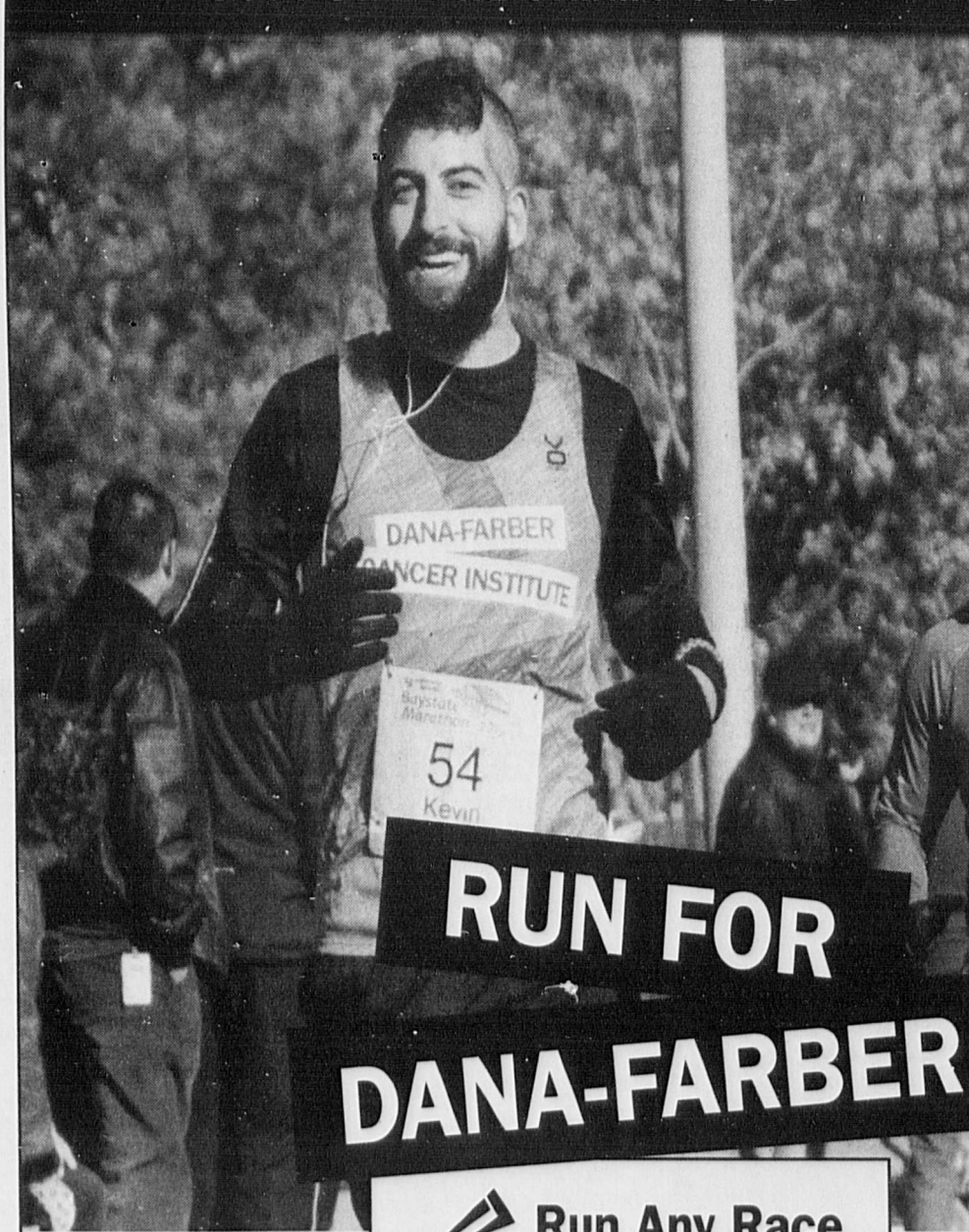
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Head coach Bill Burnett stands with his team (left) during their meet against Norwell at the Lincoln-Hancock pool. Cohasset's Emily Moy (below) leaps into the pool at the start of the 200 yard freestyle relay race. Cohasset's Levente Haber (bottom) races in the 100 yard backstroke during their meet against Norwell. WICKED LOCAL STAFF PHOTOS/ROBIN CHAN

HISTORIC

From Page B1

for a great race. I am super happy for them, especially for Luke and Levente, who in the senior year will be able to represent Cohasset at the state level. A fantastic achievement."

Even though Cohasset lost the meet to a very strong Norwell squad, over eighty percent of the individual performances for the Skippers on Saturday translated to personal best times.

"By reviewing split times after each race, we are driving the athletes to understand how to attack

each race smarter and more efficiently. In just a short time, the proof is now showing in the results," explained Burnett.

Already halfway through the season, 10 Cohasset Swimming records have been broken (five relays records and five individual records). In addition, the following athletes have qualified for post-season championship meets:

Qualified for States Championships

Julia Klier (200 IM, 100 Backstroke, 500 Freestyle, 200 Freestyle, 100 Freestyle), Dean Spicer (200 IM, 500 Freestyle, 200 Freestyle, 100 Butterfly),

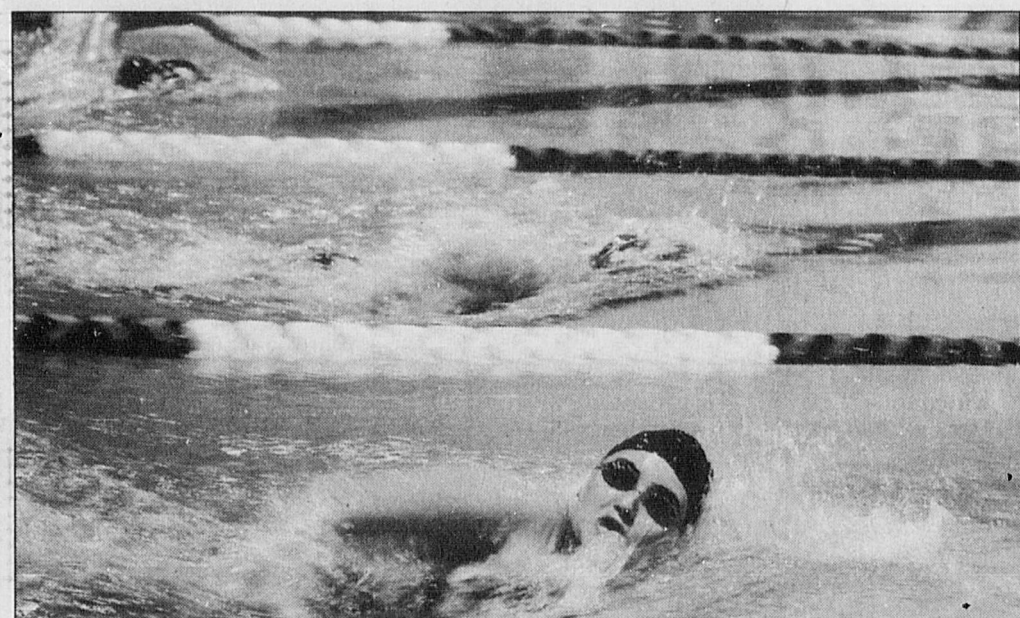
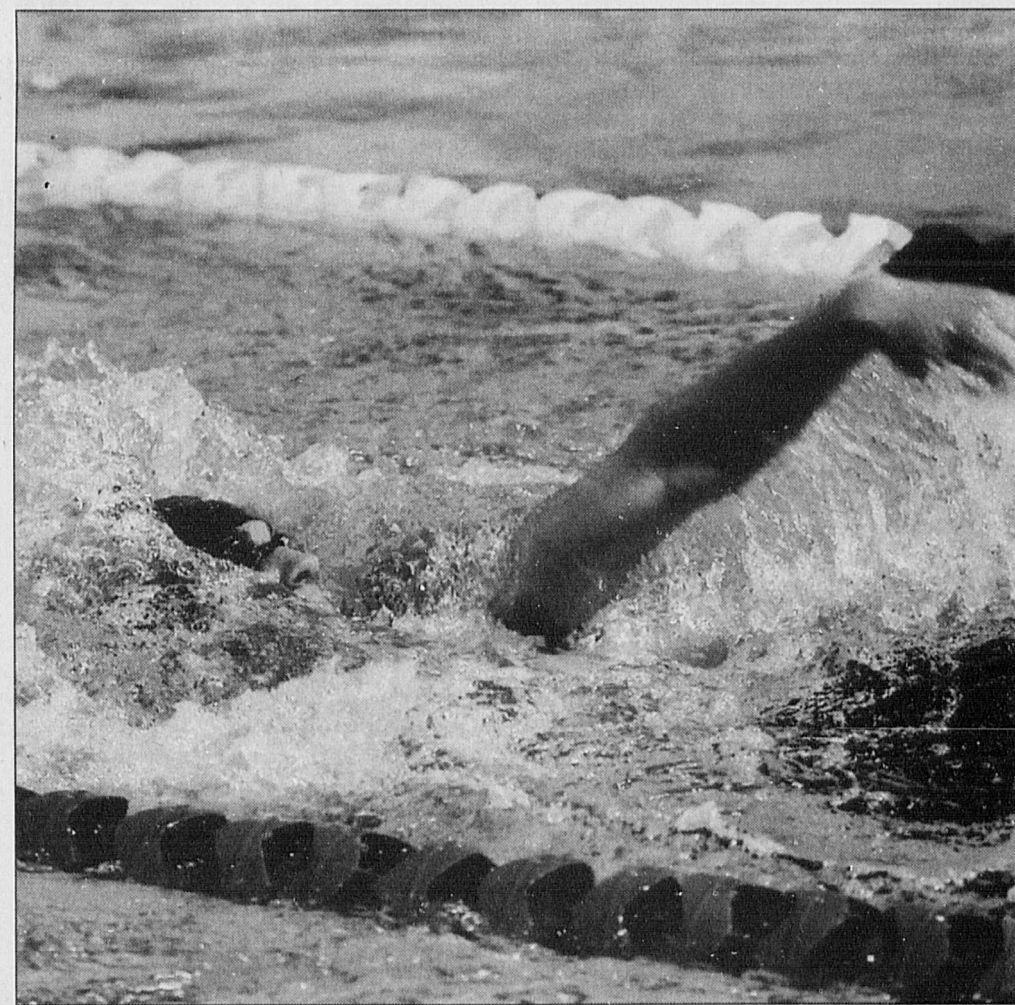
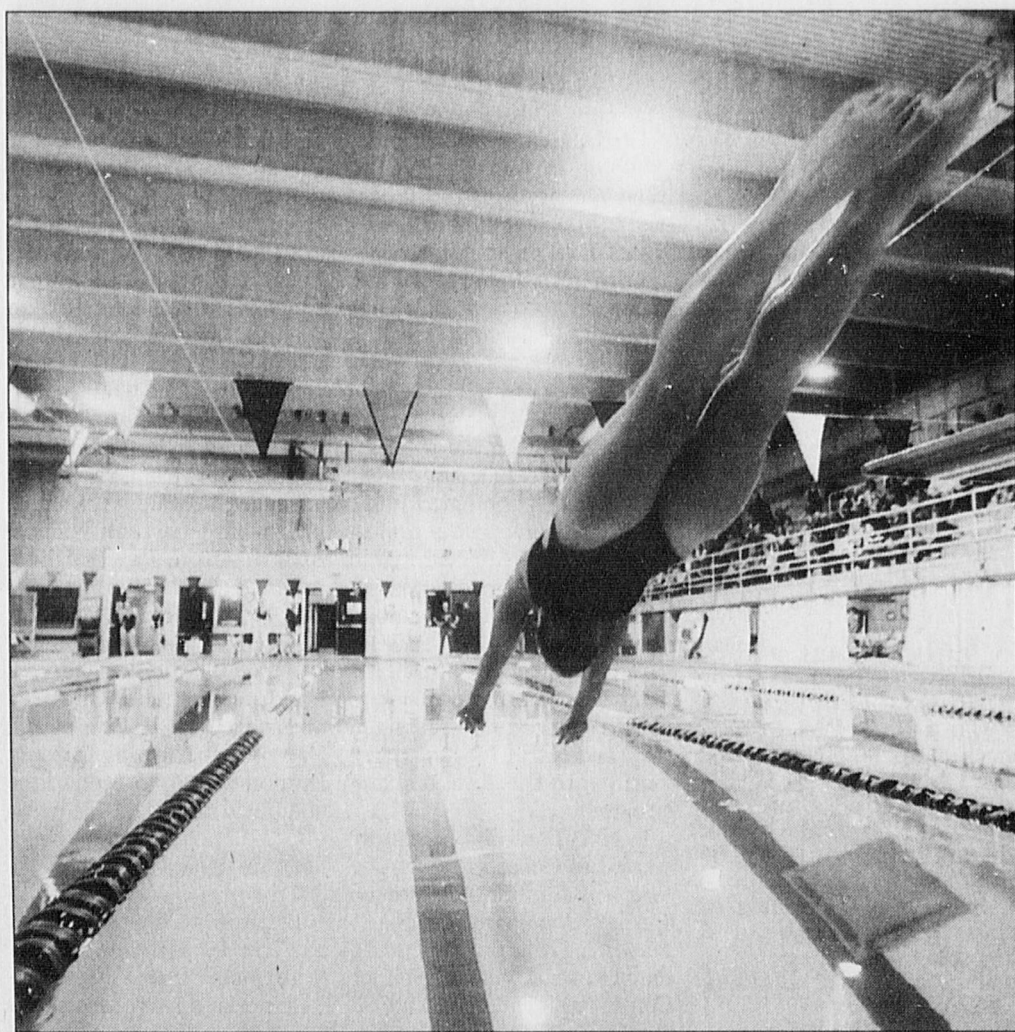
Julia Klier, Nicky Tolosko, Abby Thomas, Lena Welch (200 IM Relay), Luke Norton, Levente Haber, Joe Wellmann, Dean Spicer (200 Free Relay)

Qualified for Sectionals

Nicky Tolosko (50 Freestyle), Lena Welch (100 Breaststroke), Julia Klier, Nicky Tolosko, Abby Thomas, Lena Welch (400 Free Relay)

The team's next dual meet is against Archbishop Williams High School on Saturday, January 23.

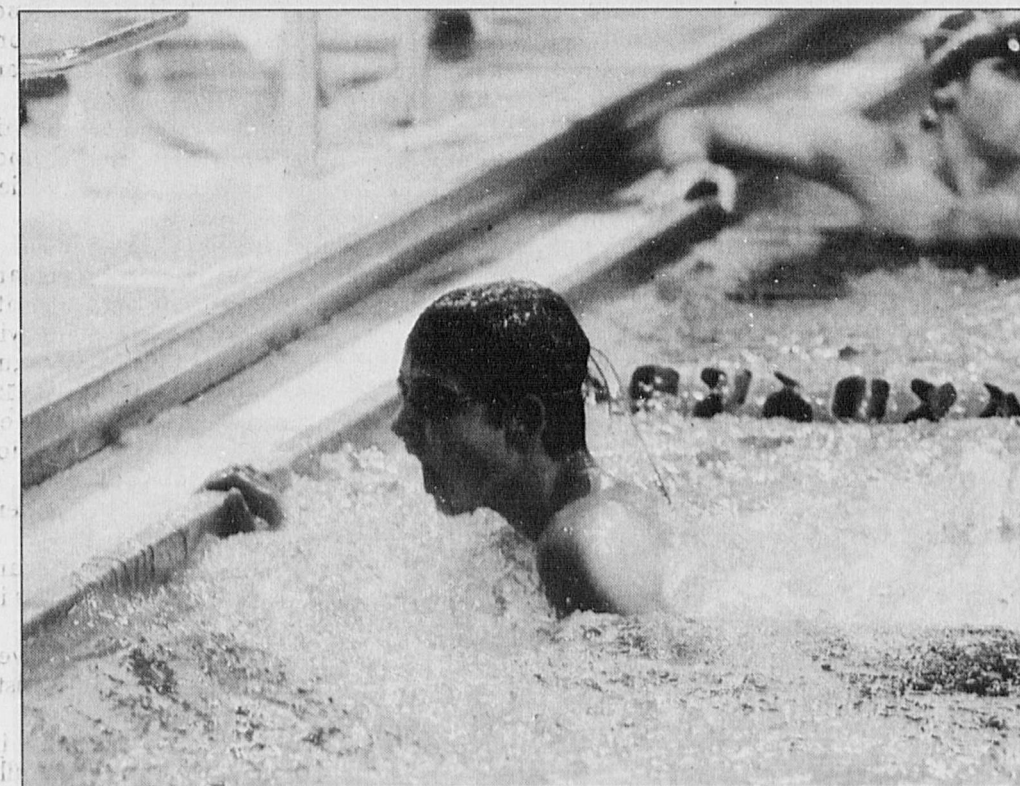
This year's team is made up of eight seniors, 13 Juniors, seven sophomores, and 11 freshmen.



Cohasset's Margaret Norton competes in the 500-yard freestyle race in their meet against Norwell.



Cohasset's Max Nakashima competes in the 100-yard breaststroke race in their meet against Norwell.



Cohasset's Sean McElhinney hits the wall at the end of the 200 yard medley relay in their meet against Norwell.

BRIEFS

From Page B1

people giving up on him several times.

Brown's years with the Patriots are documented in detail, covering what it was like to play for Coach Belichick, why Tom Brady has been so successful,

and the secrets behind the Patriots' three Super Bowl wins.

About the Authors: Troy Brown played for the New England Patriots for 15 seasons and was inducted into the Patriots Hall of Fame in 2012. He currently works for Comcast SportsNet New England.

Mike Reiss is a reporter for

ESPN who has covered the Patriots since 1997. His work appears on various ESPN platforms, including ESPN.com, SportsCenter, and ESPN Radio.

More information on Patriot Pride: My Life in the New England Dynasty can be found at www.triumph-books.com/PatriotPride

PUBLIC NOTICE RIGHT-OF-WAY MAINTENANCE

As required by Massachusetts General Law Chapter 132B, National Grid (New England Power and/or Massachusetts Electric Company) hereby gives notice that it intends to selectively apply herbicides along specific transmission line rights-of-way in 2016.

The selective use of herbicides to manage vegetation along rights-of-way is done within the context of an Integrated Vegetation Management (IVM) program consisting of mechanical, chemical, natural and cultural components. In right-of-way vegetation management the pest or target is vegetation (primarily tall growing) that will cause outages and safety issues. National Grid's IVM program encourages natural controls by promoting low growing plant communities that resist invasion by target vegetation. The selective use of herbicides and mechanical controls are the direct techniques used to control target vegetation and help establish and maintain natural controls.

Rodeo, and possibly one of the following herbicides, Arsenal or Arsenal Powerline, will be applied directly to the surface of stumps immediately after target vegetation is cut (Cut Stump Treatment). Garlon 4 or Garlon 4 Ultra will be applied selectively to the stems of target vegetation using hand-held equipment (Basal Treatment). Krenite S or Rodeo, mixed with Escort XP, and one of the following herbicides, Arsenal or Arsenal Powerline, will be applied selectively to the foliage of target vegetation using hand-held equipment (Foliar Treatment). Applications shall not commence more than ten days before nor conclude more than ten days after the following treatment periods.

Municipalities that have rights-of-way that were treated in 2015 but may require some touch-up work in 2016:

Hingham

Treatment Periods

January 11, 2016 - May 30, 2016	May 30, 2016 - October 15, 2016	October 15, 2016 - December 31, 2016
CST	Foliar	CST
Basal	CST	Basal
	Basal	

Further information may be requested by contacting (during business hours, Mon-Fri from 8:00 am - 4:00 pm): Mariclaire Rigby, National Grid, 939 Southbridge Street, Worcester, MA 01610. Telephone: (508) 860-6282 or email: mariclaire.rigby@nationalgrid.com

Legal Notices

SEL/THE PERCH 132
LEGAL NOTICE
Board of Selectmen
Public Hearing Notice

The Cohasset Board of Selectmen, acting as the local Liquor Licensing Authority, will hold a public hearing on Tuesday, January 26, 2016 at 7:10 PM in the Selectmen's Office, Town Hall, 41 Highland Avenue, to consider an application for a new Liquor License. SRK Enterprises, LLC d/b/a Perch 143 located at 8 Stagecoach Way, is applying for a new Annual All-Alcohol Restaurant License. The proposed Manager is Michael Hughes. The licensed premises will occupy the entire 2nd floor, approximately 2,300 square feet for the restaurant's main dining area, 2 restrooms, kitchen, and a bar. There are exits located at the front and back of the 2nd floor and there is an entrance/exit on the first floor to a vestibule. The public is invited to offer public input on the proposed in writing in advance of the public hearing or in person at the hearing.

Board of Selectmen

AD#13380889
Cohasset Mariner 1/15/16ZBA/81 ELM ST.
LEGAL NOTICE
TOWN OF COHASSET
ZONING BOARD OF
APPEALS

A public hearing will be held at the **Town Hall on Monday, February 1, 2016 at 7:30PM** to hear and act upon an application for a **SPECIAL PERMIT** pursuant to §9 and any further relief as the Board deems appropriate. The applicant, Cavanero Consulting, on behalf of their clients, Julie and Joseph Guerra, seeks to change grade and building addition within the Flood Plain at **81 Elm Street**. According to the application on file in the Town Clerk's Office. File #16.01.06.

AD#13380942
Cohasset Mariner 1/15, 1/22/16

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OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Kingsley Durant

BOURNE – Kingsley "King" Durant died on January 4, 2015. He was 83.

Beloved husband of Joan (Chase) Durant. Loving father of Kingsley Durant, Jr., Peter Durant, Robert Durant, Edward Durant, Jon Durant, and Martha Chase Mixson, and of 16 grandchildren and 3 great-grandchildren. Brother of Lindsey Durant and William Durant.

Graduated from Milton Academy (1950) and Stanford University (1954). Served in the U.S. Navy. Founding part-

ner of Grantham, Mayo, Van Otterloo & Co. Past president of International 210 Association and Massachusetts Bay Sailing Association. Member of Pocasset Golf Club and Sailfish Point Golf Club.

Memorial ceremony and gathering planned for late spring. In lieu of flowers, donations in his name would be welcomed by the following organizations: Neighborhood House Charter School; Thompson Island Outward Bound Educational Center.

David C. Whipple

COHASSET – David Collins Whipple, of Cohasset, age 94, died January 2, 2016. He was the beloved husband for 71 years of Jacqueline (Conant).

Born in Ossining, New York, Dave attended Scarsdale High School and Swarthmore College.

He was active in the Second World War at home as an engineer and in the Pacific as a Navy radio technician.

In 1946 Dave obtained both a master's degree and a professional degree in Electrical Engineering from the Massachusetts Institute of Technology, and began a 40-year career as an electrical engineer at the Draper Laboratory.

He received awards from MIT and NASA for his contributions to the Apollo space program.

In 1958 Dave and his family moved to Cohasset, where he was active in the community. He served as a cub-scout pack leader, a Little League coach, member of the Cohasset School Committee, Unitarian Church Parish Committee, American Field Service Committee, as well as a van driver for the Council on Elder Affairs.

For many years Dave donated blood and was the recipient of the Rh donor award from the Massachusetts Red Cross.

Dave was an athlete who regularly jogged, swam and played

tennis. He played clarinet in the jazz band at Swarthmore and in his later years with the Rusty Skippers in Cohasset.

He was known for his scary piano renditions at Halloween to generations of trick-or-treaters. Dave was a member of a group of retired men in Cohasset known as the "Old Goats."

In addition to his wife, Dave is survived by four children, Nancy Whipple Grinnell of Newport, R.I., Roger Whipple of Duxbury, Dr. Leah Whipple of Kimberton, Pa., and Benjamin Whipple and his wife Carol Gladstone of Brookline; a sister, Virginia Vaughan of Williston, Vermont; ten grandchildren, Lucinda, Geoffrey and Lydia Grinnell, Justine and Carolyn Whipple, Emma, Damon and Arlo Menapace and David and Elizabeth Whipple; and one great-grandchild, Seda Tavtigian-Grinnell.

A memorial service will be held Saturday, March 5, 2016, at First Parish Church, 23 North Main Street, Cohasset.

Memorial donations may be made to a charity of one's choice.

For an online guest book, please visit www.mcnamara-sparrell.com.

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Margo E. Aikens

COHASSET – Margo E. (Mulligan) Aikens, of Cohasset, formerly of Weymouth passed peacefully with her family by her side on January 7, 2016. She was 70.

Born January 9, 1945 to the late Ruth (DeCosta) Mulligan and Robert G. Mulligan Sr., Margo's formative years were spent with her bother Robert G. Mulligan Jr. on Wessagusset Beach in Weymouth.

In 1962, Margo married Richard W. Aikens (passed in 2011). The two moved to Cohasset in 1968, where they raised two sons, Wayne (52, living in Cohasset) and Scott (51, living in N.C.). Fun, kind, and generous; their homes were always open, and often full.

Margo and Dick loved boats and corvettes, and combined both by creating a "garage" for a vintage Vette from the overturned half-hull of their retired lobster boat.

Nothing gave them more joy than their grandchildren: Wayne Aikens and Nancy Cone gave birth to Nicholas Aikens (1988-2011), and Josh Aikens (26, living, Fla.). Scott Aikens and Linda Calabro gave birth to Erica Aikens (27, living in N.C.), and adopted granddaughter Katie (17, living in Fla.). Margo was elated to become a great-grandmother with the birth of Erica's daugh-



Margo E. Aikens

ter Aubrey in 2010, and Josh's daughter Madison in 2011.

Margo is survived by her three siblings; Robert Mul-

ligan Jr., his wife Ellen of Boynton Beach, Fla., and their two sons Bob III and Jim, Candis O'Hearn, her husband Stephen of Lebanon, Conn., and their two children Dan and Macy, and Cindy Davis, her husband Gary of Wakefield, Mass.

Services will not be held at this time. A private family gathering will be held in the summer when Margo will have her final boat ride to Minots Light to join her husband and grandson.

The family would like to thank Margo's extended family of caregivers from Hallmark Health Hospice of Melrose, Epoch Senior Healthcare of Melrose, and the Providence House Assisted Living at Corey Park, who helped keep her personality and spunk alive.

Donations to honor Margo's memory would be appreciated to the Alzheimer's Association, or your local Hospice.

How to Submit an Obituary
to the Weekly Newspapers

To contact our obituary department, please e-mail

obits@wickedlocal.com

or

call **781-433-6905**

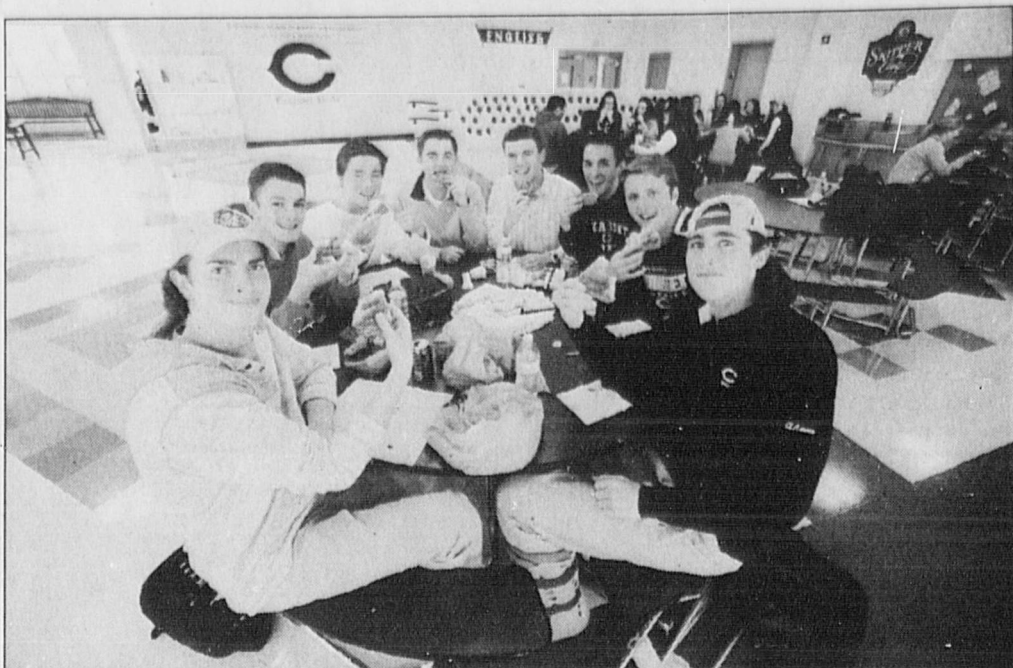
or

Fax **781-433-6965**

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

King for a Day



CHS seniors L-R, Max Fitzgerald, Sean Mavilia, Christian Hanke, Richard Kinscherf, Bob Driscoll, Levente Haber, Jack Donohue, and John Paul Adams, delight in sharing a Kings Cake from French Memories at the high school this week. King's Cake is an age-old French tradition in which a figurine is hidden. WICKED LOCAL PHOTOS BY CHRIS BERNSTEIN



King for a Day Richard Kinscherf finds the figurine in his slice of King's Cake. In keeping with the French tradition, Richard will have to host the cake-sharing next year! WICKED LOCAL PHOTO BY CHRIS BERNSTEIN

APPLAUSE



Merle Brown did not attend the recent MassRecycle's December Southeast Municipal Recycling Council meeting, but here he is at the 2014 event. Brown was honored last month for over 20 years of service and commitment to waste reduction and recycling. COURTESY PHOTO

Town recognized
for waste reduction

The town of Cohasset was recognized at MassRecycle's December Southeast Municipal Recycling Council meeting for earning the most MassDEP Recycling Dividend Program points in the region for its comprehensive waste reduction program.

Cohasset was rewarded with a \$6,000 grant this year.

The South Shore Recycling Cooperative, of which

Cohasset is a member, was also recognized for providing comprehensive access to household hazardous waste collections to its member town residents.

In addition, Merle Brown, former Cohasset selectman, was honored for over 20 years of service and commitment to waste reduction and recycling. Brown was a force behind many program elements at the Cohasset Transfer

Station, including the Pay as You Throw program, and a founding member and longtime chairman and current vice chairman of the South Shore Recycling Cooperative.

He continues to volunteer weekly at the deposit trailer, which recovers valuable materials and raises funds for the Boy Scouts, and is a perennial volunteer Recycling Ambassador at the Marshfield Fair.

Thank you
for not driving
buzzed last night.
You saved my life.
Liz Osaki

SAVE A LIFE. DON'T DRIVE HOME BUZZED.
BUZZED DRIVING IS DRUNK DRIVING.

Ad Council U.S. Department of Transportation

GIMME SHELTER

Russell is ready for a loving home

By Tammy Hatch

Russell is a fabulous cat with a lot to offer: handsome face, lean and slender physique, extremely affectionate and calm temperament. He's a guy who knows who he is and what he wants. But, as is often the case with shelter animals, it's the best of the best that are noticed and adopted right away.

Cats who are shy, prefer to keep to themselves, don't get along well with others or require special care are often overlooked. Many people don't stop to give attention to a cat who doesn't run to greet visitors, enjoys lap time or wants to engage in play when there are visitors in the room. It's unfortunate because so many cats get missed even though they are wonderful animals and who would make a great companion pet.

Russell is an overlooked cat who has been through a lot in his 2 years of life. This once homeless boy and his siblings had been living on the streets. Following their rescue, Russell required hospital care as his thin, tired, very worn body couldn't fight off a minor infection. After his release from the hospital he spent time in a foster home for much needed rest and recuperation before he was ready for adoption.

Russell is extremely affectionate and wants nothing more than to live in a home where he can count on someone to be his constant and appreciate him for who he is. On a prescription diet food since his discharge from the hospital, he will need to remain on this special blend of vitamins and nutrition for his lifetime.

Russell has watched his siblings go to their forever homes and is so eager to experience all the joys that a loving forever home and owner can provide him with.

Russell has watched his siblings go to their forever homes and is so eager to experience all the joys that a loving forever home and owner can provide him with.



You can learn more about Russell and the other cats and kittens by visiting: hsar.org. COURTESY PHOTO

Won't you come meet Russell and see if he's the perfect cat for you.

You can learn more about Russell and the other cats and kittens we have available for adoption by visiting us online at www.hsar.org or by visiting us at our new location, 487 Nantasket Ave Hull. Open hours are Monday nights, 6:30 to 7:30, and Saturdays, 2 to 3 p.m. If these times are not convenient for you, special appointments can be made by calling our adoption coordinator, Judy, 781-534-4902.

Calendars

Hurry and get your 2016 Kittendale calendar while supplies last. This year we are very excited to feature an American pop star and two athletes. Check these impressively handsome guys out! Kittendales can be purchased

on-line at www.hsar.org and are also available for purchase at Toast Restaurant in Hull and at the shelter. The cost is \$20.

Volunteers

We are always looking for new members and volunteers. Right now we have a strong need for people who can provide the support needed to maintain our bottle/can redemption program. If you are energetic and have been looking for a way to give back to your community by volunteering, this may well be the opportunity for you. Please contact our Shelter Operations Manager, Scott, at 781-925-3121 or email him at hsar@verizon.net

— Tammy Hatch is a Volunteer and Board Member at Hull Seaside Animal Rescue.

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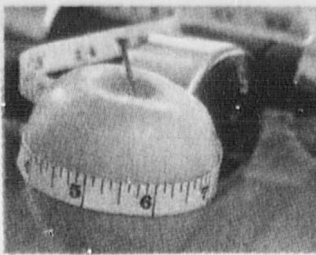
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HEALTH

Grumpy? Perk up your posture!

By Dr. Steven Weiniger
BodyZone.com

Are you feeling tired and grumpy? Do you ever have trouble lifting yourself from the blues?

Straighten out your attitude

Stand up straight! Research shows a big correlation between your posture and your outlook. It turns out posture isn't just important for how you look – but for how you look at life.

From a neurological and hormonal point of view, posture and attitude have been tightly linked in many scientific studies. By strengthening your posture, you not only look better, but you FEEL better – even down to simply taking deeper breaths, which creates many health benefits.

The language of good posture

When you look at language, a better posture implies a stronger, more capable way of life. There's a reason why language has phrases like, "Keep your



When driving, position your seat more vertically and adjust your rear view mirror in a way that forces you to keep your body lengthened, aligned and tall.

chin up," or "Hold your head high," instead of being "downcast," where you're looking down – and feeling down.

But when we spend our days slouched over computers, tablets and smart phones, how do we make changes to improve posture? After all, in reality technology use is a habit that's not going away anytime soon. We will all keep using computers and smart

phones, but creating posture-smart habits makes sense.

Better habits begin with becoming aware of your posture and then doing something systematically to unbend your body from the folded-forward position.

Three ways to perk up your mood and attitude

- Keep moving. Every 30-45 minutes – take a StrongPosture break at

work. Stand up tall, tuck in your pelvis, roll your shoulders up, back and down, and float your head toward the ceiling.

- Take the stairs. But instead of just choosing the stairs, take a moment to make yourself aware of your posture and carry yourself with strong, tall posture, rather than leaning forward as you climb.

- Drive tall. When driving, position your seat more vertically and adjust your rear view mirror in a way that forces you to keep your body lengthened, aligned and tall.

These three tips are your first steps towards standing taller and feeling confident, happier and more energetic.

Posture and healthy living expert Dr. Steven Weiniger speaks globally on improving posture for longevity, health, pain relief and aging well. He has trained thousands of physicians and therapists in StrongPosture protocols and authored "Stand Taller Live Longer, An Anti-Aging Strategy." Contact Dr. Weiniger at BodyZone.com.

EXERCISE

Trends for 2016

Fitness app experts predict how its users will exercise this year

It's that time again! January is the time for many of us to buckle down and focus on fitness.

It's also time again for the data gurus at MyFitnessPal to take a look at what trends they can divine from their 100 million users. MyFitnessPal is an app that helps track and catalog food intake and exercise. It has helped millions of people lose weight (it has over 90 million users) and is constantly rated as one of the top 10 health apps. MyFitnessPal also has a health blog, called Hello Healthy, which features great tips for nutrition, exercise and more.

The fitness and nutrition experts at MyFitnessPal have also predicted what 2016's hottest food and fitness trends will be.

They took the total number of minutes logged for the activities below and divided by the number of active users on the app over the period of January to November of 2014 vs. January to November 2015, correcting for the number of daily active users due to a growth in their database during that period.

Exercise: 2014-2015 percent change

Barre: +4 percent

Crossfit: -4 percent

Spin and indoor cycling: -19 percent

HIIT (high-intensity interval training): +14 percent

SoulCycle: +32 percent

Orange Theory: +170 percent

Yoga: -13 percent

Zumba: -34 percent

Here's what MyFitnessPal's coaching experts and registered dietitians have deemed the workouts to watch in 2016:

Doing less dancing: Zumba continues to drop as people seek new ways to sweat off the calories.

Studios are soaring: People are excited to get out of their self-directed routine and into a class with other people. You may be doing less spin class, but branded workouts like SoulCycle and Orange Theory are growing fast.

Over the om: Yoga may have great benefits beyond just stretching, including reducing stress and increasing flexibility. But it's losing popularity, dropping by 13 percent in the past year.

HIIT is still a hit: High-intensity interval training workouts, also known as Tabata, are a popular way to burn calories and get into shape. These workouts continue on a steady rise, and that trend will likely continue in the new year.

Stepping up the step tracking: People are tracking their steps as a way to get their activity up on a daily basis. The app saw step entries triple – meaning people are keeping better track of their steps. And people are stepping more – steps per active user has increased +8 percent in the last year.

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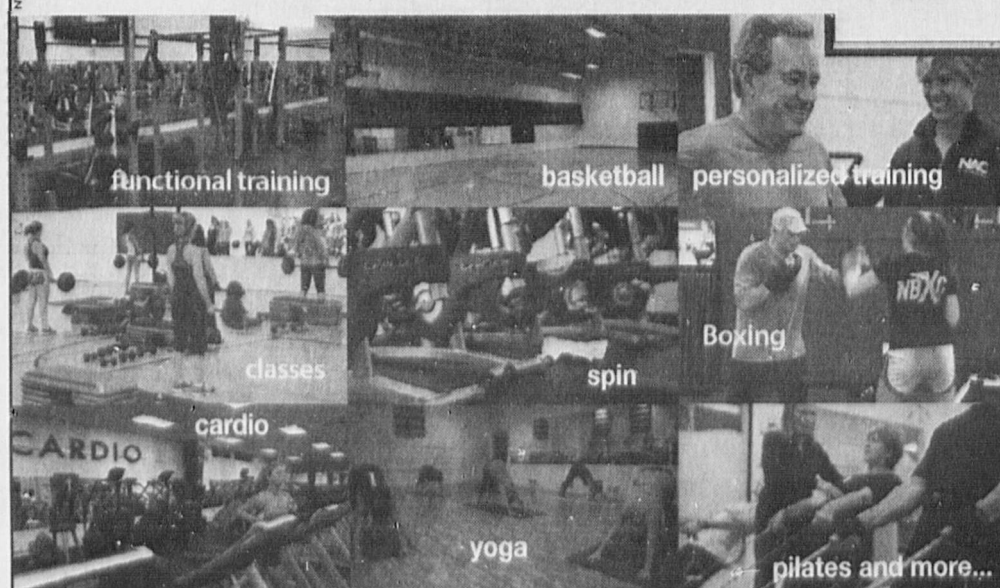
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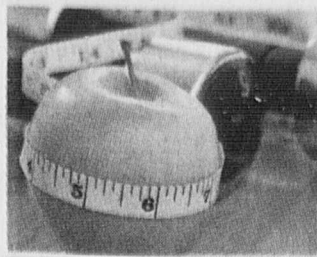
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Please visit www.slpcenter.com to view the CBS - 60 Minutes "Apps for Autism" segment with clinic founder, Ms. Taylor and patient, Josh.

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HEALTHYLIVING

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LIFESTYLE

New year, new you

Tackle healthy habits one step at a time

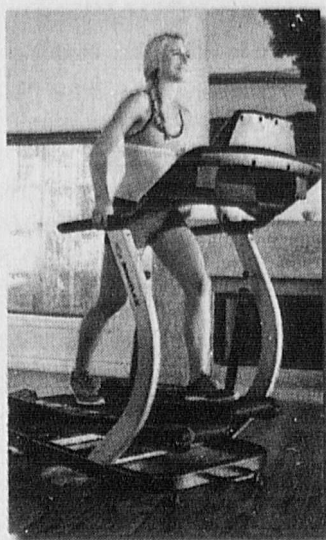
If getting a fresh start on a new year seems daunting, try tackling your get-healthy goals one step at a time. There is no easy path to transforming your lifestyle, but this is one time you should be able to see the results of your hard work.

To avoid feeling overwhelmed, tackle your new lifestyle a little at a time. Gradually incorporate smarter eating habits, such as switching out high-calorie beverages with lower-calorie, nutrient-rich replacements. Then, as you ease into a new exercise regimen, look for ways to get an extra boost with workout equipment that isn't overly taxing on your joints and muscles, and get a leg up on the competition with proper footwear and workout supplements.

Slow and steady wins this race, so set yourself up for success in the New Year with these ideas to put you one step closer to the healthy lifestyle you envision.

All you have to do is walk

Step into a healthy new year with the Bowflex TreadClimber TC200. Combining the motions of a treadmill, stepper and elliptical, this premier walking machine is easy on the joints and burns up to 2.5 times the calories of a treadmill. Ideal for home use, the machine features an interactive LCD display that animates your progress. Bluetooth connectivity allows users to share data with the free TreadClimber app, which automatically syncs with MyFitnessPal, Apple Health Kit,



Ease into a new exercise regimen, looking for ways to get an extra boost with workout equipment that isn't overly taxing on your joints and muscles. PHOTO COURTESY OF GETTY IMAGES

Google Fit, Under Armour Record and Bowflex Connect.

A delicious, convenient non-dairy alternative

Leading a healthy lifestyle doesn't mean sacrificing taste for convenience. Shelf-stable, unsweetened almond milk is smooth, creamy and made with almonds. It's ideal for smaller households because it's easily stored in your pantry until you're ready to use it. It's also perfect for cooking or you can pour it over cereal, create refreshing smoothies or drink it as a stand-alone beverage.

Supplement your goals

When diet and exercise alone aren't enough, supplements such as protein and fish oil can be effective in helping you achieve your New Year's resolution. Whether you want to lose weight or gain muscle mass, there is a supplement out there to aid you in your pursuit of a toned body. These supplements, which should be approved by your

health-care provider before use, are available at local retailers such as grocery stores, pharmacies and specialty health and wellness stores.

The right shoes can make all the difference

If your workout routine involves running, walking, sports or other gym equipment, the right footwear is a must. Injury caused by wearing inappropriate shoes can derail your fitness or weight loss goals, but investing in a proper shoe can help prevent foot and ankle damage while also allowing for a more comfortable workout. No matter your pursuit, there is a shoe that fits the need, including running shoes with built-in shock absorbers, lightweight walking shoes, thick-soled, high-top basketball shoes or cross-training shoes, which can be utilized during a variety of workouts.

Tips for a healthier lifestyle

Getting in shape and leading a healthy lifestyle doesn't happen overnight, it takes time, but these simple tips can help put you on the right path:

• **Be patient.** Starting a new fitness regime can be a challenge. There will be ups and downs, but remaining committed is key.

• **Exercise on a regular basis.** Regular physical activity not only helps you look and feel better, it can improve mood, increase quality of sleep and help you manage weight.

• **Undergo an annual physical.** To be sure your body is running smoothly, have your numbers, including blood pressure, blood sugar, cholesterol and weight, checked regularly.

• **Drink lots of water.** Experts recommend 64 ounces of water a day to help replenish what you've lost throughout the day.

• **Eat plenty of fruits and vegetables.** Both fruits and vegetables are loaded with vitamins, minerals and antioxidants, which help protect against chronic diseases.

• **Go through your cabinets.** Get rid of foods that are high in sodium, fat or sugar and look for low-sodium, low-fat or sugar-free items instead.

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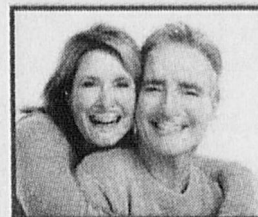
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NEW YEAR'S RESOLUTIONS

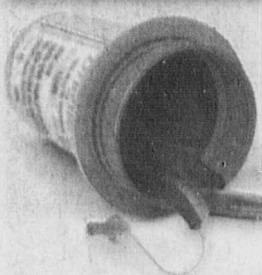
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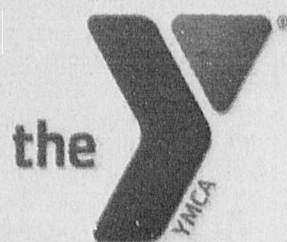
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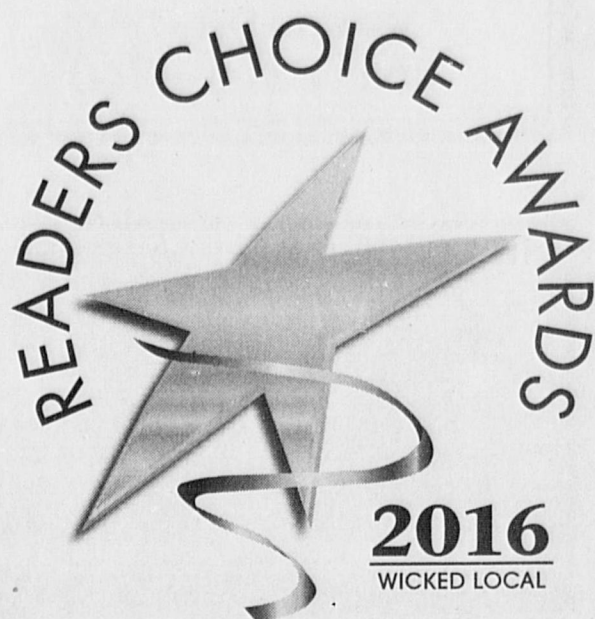
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Vote locally. Write in your choice of the **BEST** in your area for the categories below or vote online at **wickedlocalfavorites.com**. In order to be eligible, each vote must include the town where your choice is located. For businesses with more than one location, please indicate the address of your #1 choice. **You must vote in at least 10 categories for your votes to be counted.**

Ballots must be received by Wednesday, February 10, 2016 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 20th and will be available online at **wickedlocalfavorites.com**.



Business/Place Name	Town	Business/Place Name	Town
Local Shopping		Local Flavor	
1 Men's Clothing Store _____		41 Community Bank _____	
2 Women's Clothing Store _____		42 Insurance Agency _____	
3 Children's Clothing _____		43 Dance School _____	
4 Optical Shop _____		44 Gymnastics School _____	
5 Shoe Store _____		45 Retirement Living Residence _____	
6 Bookstore _____			
7 Photography _____		Local Flavor	
8 Gift Shop _____		46 Restaurant For Breakfast _____	
9 Jewelry Store _____		47 Restaurant For Lunch _____	
10 Florist _____		48 Restaurant For Dinner _____	
11 Sporting Goods Store _____		49 Fine Dining Restaurant _____	
12 Toy Store _____		50 Italian Restaurant _____	
13 Pet Services _____		51 Pizza Place _____	
14 Liquor Store _____		52 Thai Restaurant _____	
15 Furniture Store _____		53 Mexican Restaurant _____	
16 Carpet/Flooring Store _____		54 Family Friendly Restaurant _____	
17 Appliance Store _____		55 Seafood Restaurant _____	
18 Home Decorating Store _____		56 Chinese Restaurant _____	
19 Hardware/Home Improvement Store _____		57 Sushi Restaurant _____	
20 Garden Store/Nursery _____		58 Takeout Restaurant _____	
21 Consignment Shop _____		59 Steak House _____	
		60 Bakery _____	
Local Services		61 Coffee Shop _____	
22 Accountant/Financial Planner _____		62 Ice Cream Shop _____	
23 Maid/House Cleaning Service _____		63 Butcher Shop/Deli _____	
24 Landscaper _____		64 Fish Market _____	
25 Attorney/Lawyer _____		65 Bar _____	
26 Veterinarian/Animal Hospital _____		66 Caterer _____	
27 Martial Arts _____			
28 Hair Salon _____		Regional Favorites	
29 Day Spa or Massage _____		67 Hospital _____	
30 Manicure/Pedicure _____		68 Wedding Venue _____	
31 Tanning Salon _____		69 Beach _____	
32 Health Club/Yoga Studio _____		70 Golf Course _____	
33 Weight Loss Center _____		71 Museum _____	
34 Assisted Living _____		72 Place To See Theatre _____	
35 Doctor/Primary Care Physician or Pediatrician _____		73 Place For Family Entertainment _____	
36 Dentist or Dental Office _____		74 Summer Camp _____	
37 Chiropractor _____		75 Mall _____	
38 Daycare/Preschool _____		76 Discount Store _____	
39 Dry Cleaner/Tailor _____		77 Supermarket _____	
40 Auto Service/Repair _____		78 Car Dealership _____	
		79 Tree Services _____	
		80 Home Delivery Oil Company _____	
<p>Reminder: You MUST include the TOWNS where your choices are located!</p> <p>*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.</p>		<p>NAME _____</p> <p>ADDRESS _____</p> <p>CITY _____ STATE _____ ZIP CODE _____</p> <p>PHONE _____</p> <p>E-MAIL ADDRESS _____ <input type="checkbox"/> YES! I would like to receive Wicked Local's special offers, news and promotions via email.</p>	

GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot or online ballot only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes permitted. Game dates will be selected by GateHouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England, permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Employees of GateHouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 10, 2016.

Mail To: Readers Choice Awards 2016 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203, Wilmington, MA 01887

SEE FORM, PG. A6

Nominations sought for Citizen of the Year

Deadline is Feb. 12

By Mary Ford
mford@wickedlocal.com

In keeping with a 23-year tradition recognizing an individual for outstanding service to the community or a special achievement — the Cohasset Mariner is now accepting nominations for the annual Citizen of the Year Award.

We invite our readers to take this opportunity to nominate a person who has made a significant contribution to Cohasset.

Last year Cohasset honored Tom Wigmore for his dedication to the town's veterans on so many levels including, the Healing Field, Memorial Day, 9/11 observance, Veterans Day, placing flags on veterans graves and so much more.

The deadline for nominations for the Citizen of the Year is 5 p.m. Friday, Feb. 12. Please see the nomination form on page A6. The form may be photocopied. Letters of nomination are also accepted and should be mailed or sent by fax to The Cohasset Mariner, 73 South St., Hingham 02043. Our fax number is 781-741-2931. Letters of nomination by email to mford@wickedlocal.com are also welcome.

This is not a popularity contest. Following the close of nominations, a selection panel — after reviewing the names submitted by poring over the nomination letters and comments — will select the Citizen of the Year. Nominees may be

We invite our readers to take this opportunity to nominate a person who has made a significant contribution to Cohasset.

someone in elected office, a member of an appointed town committee, teacher or school administrator, clergy member, firefighter, police officer or other municipal worker. And the nominee may be a person in the business community, sports figure or an "unsung" neighbor or friend who has freely given of his or her time and energy for a worthwhile Cohasset project or cause.

This year's recipient will be the 23rd person honored as the Cohasset Citizen of the Year, joining past recipients:

■ **Gerard T. Keating**, "Mr. Cohasset": for his more than half-century of contributions to the community, including serving as chairman of the Council on Aging, chairman of the school committee, president of the hockey boosters club, vice president of the Cohasset Historical Society, director of veterans services, and lector, eucharistic minister and usher at St. Anthony's Church.

■ **Joseph D. Buckley**, for his work behind the scenes helping seniors understand the complexities of the healthcare system and

to access health benefits through SHINE (Serving Health Information Needs of Elders), his service on the Council on Aging, and volunteer work over the years with the Boy Scouts, Little League, Sunday School and more.

■ **Dr. Robert T. Sceery**, for his more than 40 years of dedicated service as a pediatrician in town and school doctor. He also served on the board of health and led the fight back in the 1970s to sewer the town. He was also a familiar figure at town meetings where he spoke his mind on important issues.

■ **The Rev. Gary Ritts**, pastor of the Second Congregational Church, for being a positive force for good through his work with the Appalachia Service Project (ASP), an ecumenical volunteer effort involving Cohasset teenagers. ASP is a home building ministry in central Appalachia.

■ **Anna Abbruzzese**, for all her volunteer work including preparing and delivering meals for the Pine Street Inn, driving the senior shuttle and coordinating the Gourmet Cooking Club at the Council on Elder Affairs; and her many efforts to help revitalize Cohasset Village through the Farmers' Market and much more.

■ **Katherine Stanton**, for her tireless service to the town and its citizens over the years. She also volunteered as a case reviewer for the state Dept. of Social Services, served on the school committee and recreation

committee, and along with her family was involved with the creation of the Cohasset Sailing Club.

■ **Clark Chatterton**, for his generosity of spirit and deep caring for his fellow man, his years of work as a teacher and athletic director at the high school, including innumerable efforts helping others behind the scenes. He also helped raise money for many causes including Alumni Field and the American Cancer Society.

■ **State Rep. Mary Jeanette Murray** for a lifetime of service to her hometown, first as den mother and Little League mother and Girl Scout leader, and then as selectman. She was also honored for her public service as state representative for more than two decades and for always putting her constituents first.

■ **Glenn Pratt** for his dogged determination over 20 years to see more cemetery space in town, remembering local soldiers who made the ultimate sacrifice, helping to lead the effort to expand the community center, serving as an elected official, and spearheading the effort to build a memorial to local mothers who lost sons in wartime.

■ **Arthur Lehr** for more than 50 years of volunteer service on worthwhile projects including the Boy Scouts; serving on the Zoning Board of Appeals and as a Registrar of Voters; Clerk of the Works for the DPW garage, Little League Complex, and Mariners Park; serving on the Recycling Committee, as town

Civil Defense Director, on Gravel Pit Reuse Committee and more.

■ **Marjorie Murphy** for touching countless lives through her roughly 25 years as school librarian at Deer Hill. With eyes that twinkle and an infectious smile, Mrs. Murphy devoted her life to helping children discover the wonders of reading and the value of a good book.

■ **John Coe**, a WWII veteran, for all his volunteer service at the Senior Center where he helped make the center a warm place where people come and meet friends; for his work quietly behind the scenes helping fellow citizens and his service as the "beloved Town Crier" for years at the Village Fair.

■ **Marjorie "Margie" Steele**, who was the "heart and soul of the Cohasset Food Pantry," for her energy and long-time commitment to the important service, which has helped countless people in need over the years.

■ **Roger Whitley**, a retired architect, former Advisory Committee member, and Paul Pratt Library Trustee, who had spent much time over his 50 years as a Cohasset resident "involved."

■ **Merle Brown**, former selectman (four terms), Conservation Commissioner, involvement with Beechwood Ball Park project, Boy Scouts, recycling, to name a few.

■ **JoAnne Chittick**, artist and volunteer. Chittick has been a volunteer at Rosie's Place for 30 years; 20 of

which she has coordinated 50 local cooks who sign up to prepare meatloaf, vegetables or dessert once a month for 10 months a year for the shelter.

■ **Dick Avery**, volunteer, whose community service activities — including serving on town boards, on non-profits, helping the Boy Scouts and so much more — are almost too numerous to list.

■ **Ed Lappen**, truly one of life's "good guys" for his tireless dedication and service to his family, community and the world.

■ **Veneta "Vee" Roebuck**, a life-long conservationist for her long-time service on the Conservation Commission helping to protect the Cohasset environment.

■ **Phil Lehr** for his 50 years of involvement in scouting, serving as a youth sports coach, work with the Appalachia Service Project, keeping Wheelwright Park shipshape and more.

■ **Jack Buckley** for his vision, foresight and determination in helping to establish the Center for Student Coastal Research (CSCR), an educational and environmentally active facility and program.

■ **Tom Wigmore** for his total dedication to the town's veterans as the force behind the annual spectacular display of American flags on the Healing Field, organization of the Healing Field dedication ceremony, the Memorial Day parade, 9/11 observance, the annual Veterans Day observance at Veterans Memorial Park on Nov. 11 and much more.



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COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset police/fire log which log is public record and available for review.

Monday, Jan. 4

9:41 a.m.: Party into station to talk with officer about landlord/tenant dispute on Black Rock Road.
10:54 a.m.: Scituate PD reports erratic operator on 3A headed north into town. Small blue sedan; officer checked along 3A and nothing showing; another officer checked 3A to Hingham line and did not see anything.
11:16 a.m.: Traffic enforcement along Hull Street.
2:19 p.m.: Caller from Jerusalem Road reports it looks like someone tried to break in while they were gone for about an hour. A piece of wood broken at the latch for the front door. Officer reports it appears it was blown off by the wind.
4:15 p.m.: Larceny was reported on Wheelwright Farm. A caller reported an elderly female was the victim of a theft of a large amount of coins and jewelry.
4:28 p.m.: A carbon monoxide alarm was reported on Beechwood Street. Faulty detector.
5:46 p.m.: Officers called to keep the peace at S. Main Street address; no one home at this time.
6:33 p.m.: Walk-in to station reports man at Tedeschi's in village possibly bothering clerk. Police report no issue at store.
7:52 p.m.: A traffic hazard was reported on North Main Street near back of train station. A caller reported that the gates were down and cars were going around

them.

7:53 p.m.: A traffic hazard was reported on King Street. A caller reported a gate down with lights flashing at the grade crossing.

Tuesday, Jan. 5

5:53 a.m.: A caller reported a suspicious vehicle on Chief Justice Cushing Highway behind Tedeschi Plaza. The vehicle's brake lights were on for over an hour. Officers checked the area and assured the caller that it was a maintenance truck taking a break.
6:25 a.m.: A caller reported the smell of a strong odor of gas at home on Hull Street. Gas was shut off and the area was checked. National Grid notified.
6:51 a.m.: A caller reported gates not coming down but with red lights illuminated at grade crossing on King Street. Caller says train did not go through. A maintenance crew was dispatched.
8:07 a.m.: Officer assisting with traffic at Forest Avenue and N. Main Street.
8:10 a.m.: A caller reported gates not coming down when the train came through on Sohler Street. Train dispatch was notified and reported they were having issues and working on it.
10:44 a.m.: Officer on traffic enforcement at CJC Hwy. & Pond Street.
11:02 a.m.: Motor vehicle towed following traffic stop at Forest Avenue and Fox Run. Criminal complaint to be sought for driver.
12:32 p.m.: A caller reported receiving several fraudulent voicemails from someone claiming to be the IRS on Beechwood Street. A report was filed.
4:42 p.m.: Followup

investigation at Wheelwright Farm.

Wednesday, Jan. 6

6:40 a.m.: A residential alarm was reported on Gammons Road. The area was checked and secured.
7:33 a.m.: A caller reported a husky around her house while her babysitter is trying to get the kids out to the bus stop on Great Brewster Trail. Caller reported the dog to not look very friendly. The dog was not a husky and the owner of the dog was notified.
7:53 a.m.: A residential alarm was reported on Gammons Road. The guest house door was left open. The area was checked and secured.
8:42 a.m.: A hit and run accident was reported on Linden Drive. A caller reported his vehicle was hit by someone overnight. Services were rendered.
8:46 a.m.: Walk-in reports possible water pipe burst at house on Nichols Road. Summer house and reporting party can hear water running. Entry gained thru open rear window; burst pipe in wall on third floor. Requests water company to scene.
10:40 a.m.: Neighbor reported to homeowner who is out of town that a female driver in a blue Volvo SUV hit her mailbox and broke it on Forest Avenue.
10:41 a.m.: A carbon monoxide alarm was reported on Sohler Street. National Grid on scene; zero readings in building.
3:28 p.m.: A caller on Forest Avenue reported she saw a post on Facebook about a lost Chihuahua named Brady that ran off Monday night from residence. She requested notification if the dog was found.

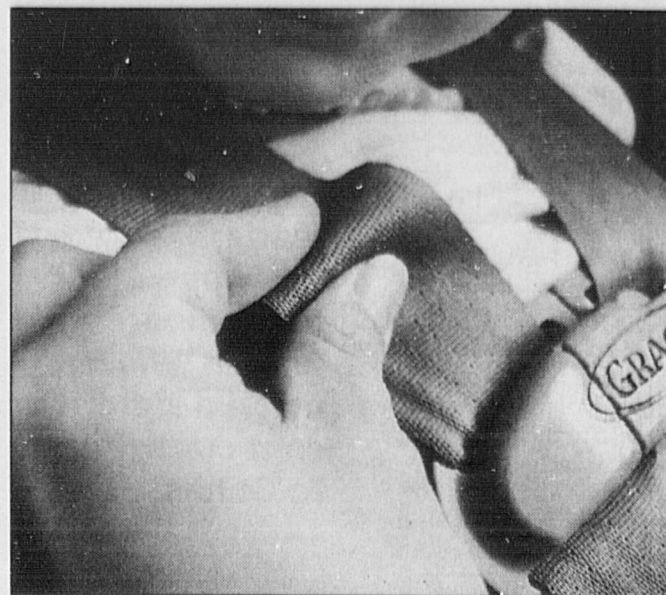
11:01 p.m.: A motion detector alarm was reported at Feng Sui on Chief Justice Cushing Highway. The alarm company spoke to keyholder and the passcode was given. The area was checked and secured.

Thursday, Jan. 7

9:16 a.m.: Followup investigation at Paul Pratt Library.
11:11 a.m.: Property was found at 164 Chief Justice Cushing Highway. A baby stroller with blankets left by an individual was reported and moved to the side of the road. A male party retrieved his belongings.
12:17 p.m.: Officer on traffic enforcement at N. Main Street and Red Gate Lane.

Friday, Jan. 8

1:36 a.m.: A fire alarm was reported on Hickory Circle. Caller reported not smelling any smoke or seeing any flames. Caller was advised to wait outside for units. Officers reported it was a battery issue.
9:36 a.m.: Scituate PD reports being notified of a white Volvo operating erratically northbound on Chief Justice Cushing Highway; Cohasset officer reports negative search of the area.
9:39 a.m.: Officer on traffic enforcement on Red Gate Lane.
10:55 a.m.: Verbal warning issued a motorist on Beechwood Street for a stop sign violation.
11:26 a.m.: Parking enforcement on Depot Court.
1:28 p.m.: A motor vehicle accident was reported on Border Street. A cleaners vehicle backed into a car.
3:37 p.m.: A caller reported a small dog, loose on Border Street, possibly wearing an invisible fence collar.



TRAFFIC SAFETY TIP OF THE WEEK: One of the most common but unintentional mistakes in winter is securing a child in their car seat with a bulky heavy jacket on. This creates extra space between the strap and child, leaving the straps too loose, resulting in the child not strapped in securely in the event of a crash. One quick check is the pinch test, you can pinch the strap together, it's too loose. COURTESY PHOTO

7:01 p.m.: Traffic enforcement at Beechwood Street & CJC Hwy.
7:17 p.m.: Traffic enforcement on Red Gate Lane.

Saturday, Jan. 9

2:51 a.m.: An alarm was reported on Atlantic Avenue. The hallway motion detector was set off. The area was checked and secured.
9:37 a.m.: Traffic enforcement on Hull Street.
3:23 p.m.: A caller reported a lost or stolen credit card on Linden Drive.
6:20 p.m.: Traffic enforcement on Beechwood Street.
9:58 p.m.: Traffic enforcement on Red Gate Lane.

Sunday, Jan. 10

5:38 a.m.: A caller reported a

car with a loud muffler driving up and down the street on Jerusalem Road. Services were rendered. A paperboy was going around the neighborhood but no loud muffler was found.
10:43 a.m.: police to stand by while party retrieves belongings on Avalon Drive.
11:37 a.m.: A caller reported that Jerusalem and Nicholas roads were flooded and believes a traffic horse should be placed and traffic rerouted. Officers placed cones to deter traffic.
5:19 p.m.: Toyota Corolla heading north on Route 3A driving erratically. Hingham, Scituate and Cohasset police report nothing showing.
6:21 p.m.: White Lexus sped by caller on Highland Avenue to Highland Court. Nothing showing at this time.

MEMA

Building an emergency kit for Preparedness Month

During Emergency Preparedness Month, the Massachusetts Emergency Management Agency continues to highlight the importance of building an emergency kit.

While some items, such

as bottled water, food, a flashlight, radio and extra batteries, first aid kit, sanitation items and clothing should be in everyone's kit, it is important to customize kits to meet one's unique needs and those

of the family. Consider adding medications, extra eyeglasses, contact lenses, dentures, extra batteries for hearing aids, medical equipment, oxygen tanks, children's items, food and supplies for pets and service

animals, and any other items that might be needed during a disaster.

When building your emergency kit, MEMA recommends using the following list:

- Bottled water (1 gallon per person/per day for three days).
- Canned goods and nonperishable foods, particularly those that do not need cooking.
- Manual can opener.
- Radio (battery-powered or hand crank), NOAA Weather Radio and extra batteries.
- Flashlight or lantern, with extra batteries. (Candles are discouraged, as they present a potential danger.)
- First aid kit.
- Diapers, wipes, baby food, formula, if needed.
- Pet food, supplies, tag, crates, if needed.
- Prescription medications (two-week supply).
- Extra pair of eyeglasses, contact lenses, and dentures.
- Extra batteries for hearing aids, wheelchairs or

other medical equipment.

- Medical oxygen tanks, if needed.
- Whistle to signal for help.
- Moist towelettes, garbage bags, soap, sanitizer and other personal hygiene items.
- Wrench or pliers to turn off utilities.
- Watch or battery operated clock.
- Copies of important documents and IDs.
- Cell phone and charger (also an auto, solar, or crank charger in case power is out).
- Cash.
- Water purification tablets and household chlorine bleach.
- Camp stove or grill (outdoor use only) with fuel or Sterno and waterproof matches or lighter.
- Change of clothes and sturdy shoes.
- Sleeping bags or blankets.
- Disposable plates, cups and utensils.
- Seasonal items such as warm clothes, hat and gloves for winter, and

sunscreen for summer.

- Books, games, puzzles and other comfort items.
 - Duct tape.
 - Plastic sheeting or tarp.
- Check a kit at least annually, for any food, water, batteries, or other items that may need to be replaced or have expired. Consider also building a mobile "go-bag" version of an emergency kit to take in case one needs to evacuate to a shelter or other location. When building a go-bag, remember to include pet supplies, such as collars and leashes, a three-to-five-day supply of food and water, bowls, litter boxes, and a week's supply of medications that a pet may be taking, including instructions (in case an owner and pet are separated), as well as copies of a pet's vaccinations, medical records and prescriptions in a clean plastic bag or waterproof container.

For more information about MEMA and Emergency Preparedness, go to www.mass.gov/mema.

Your
Vote
Counts!



The 2016 Readers Choice Awards are here!

Look for the ballot in today's paper or vote online at WickedLocalFavorites.com

Vote for the Best in Town and the Best Around! They can be a winner and so can you!

VOTE FOR YOUR FAVORITES AND BE ENTERED TO WIN EXCITING PRIZES!

Grand Prize! The Best of the Best

Beats by Dr. Dre - Pill 2.0 Portable Bluetooth Speaker

Second Prize

Runners-up will win tickets to see Boston's Favorite Baseball Team

Third Prize

3rd prize winners will receive a Gift Certificate to a local restaurant or entertainment event/venue.

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WICKED LOCAL

HEALTH

How to dispose of old prescriptions

Unwanted or outdated drugs can become the target of theft and misuse, especially by teenagers. To avoid theft and misuse, the Cohasset Police Department has a program designed to significantly reduce the prescription drugs in Cohasset homes that are either no longer needed or outdated.

America's 12 to 17 year olds have made prescription drugs the number one substance of abuse for their age group, and much of that supply is unwittingly coming from the medicine cabinets of their parents, grandparents, and friends.

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands. Law enforcement takes control of and destroys drugs on a regular basis as part of their regular operations.

Please join police in this effort by recognizing the need to remove unwanted or outdated drugs from

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands.



The drug kiosk is available 24/7 in the police station for drop off of old, unused or outdated medication. COURTESY PHOTO

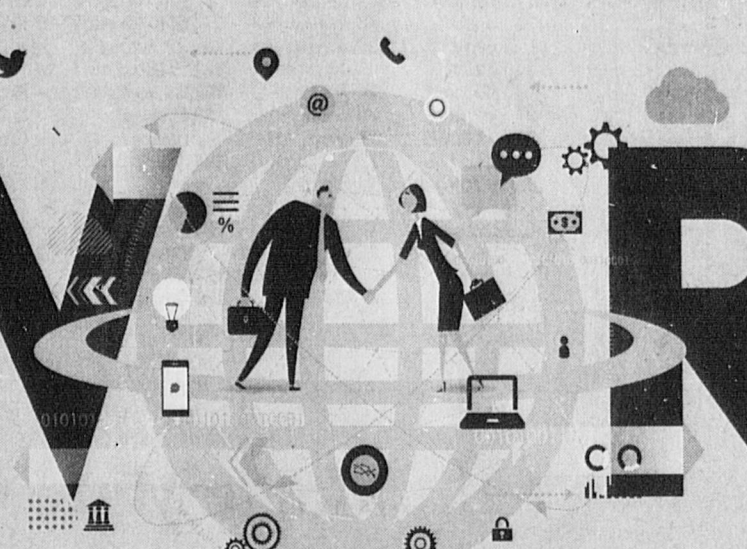
your home. You can participate by anonymously depositing these unwanted or outdated drugs in the police department's drug disposal kiosk, available 24 hours a day, 7 days a

week, located inside the police station lobby.

Note: Needles are not accepted. Liquids are accepted but should be tightly closed and then sealed inside a plastic bag.

THE MOST ADVANCED RECRUITING TECHNOLOGY

IN THE

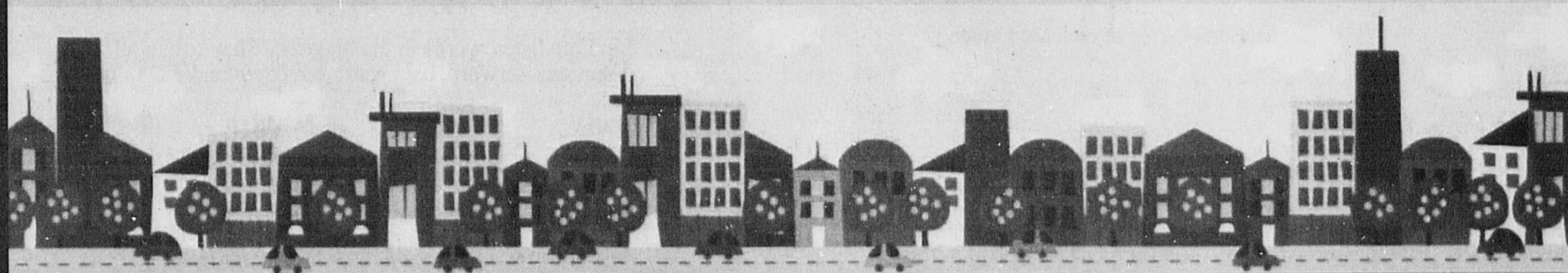


WORLD.

TO HELP YOU FIND THE

BEST HIRE

IN TOWN.



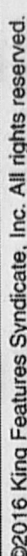
FIND YOUR NEXT HIRE IN GREATER BOSTON WITH MONSTER AND WICKED LOCAL JOBS

Finding great talent can be a challenge. Finding them nearby, even more so. Monster and Wicked Local Jobs have the technology and media solutions to help you reach, connect with and hire the best local talent. From social to mobile, print to the cloud, let us help you find the best hire, around the globe or around the corner. To learn more, visit WickedLocalJobs.com

**WICKED
LOCAL** Jobs.com

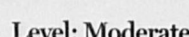
MONSTER

Crossword • HORROR STORIES



72 "ER" pictures
75 Ballerina-like
78 Onetime
Arapaho foe
81 Dark film
82 SALT I topic
83 Close-fitting
84 — Park
(part of
Queens)
86 Pertain
90 Clinical
scientist, for
short
91 Mineral suffix
92 Penny —
(stingy sort)
94 Erache,
formally
96 Comply with
97 Habitual
88 Mexico's
Zedillo
99 Filled in for a
pooch owner
00 Print goofs
01 Sailors
02 First stages
03 No, to Klaus
04 Set of three
08 Spouts off
10 Petrol brand
11 Dele undero
13 "... some
kind of —?"
17 —K
118 Sorento and
Soul maker
119 U.S. "Lid."
120 Brewpub
tub

Magic Maze • ME FIRST



Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

OTPLMIEBXUQNJGD
ZWTQENKHDA XURPM
JGDAAXVSQNKIFDA
XVTRGQOMJHFCAYW
URPNELJHFD BZXVT
RQWORDMMKKTIHLE
FDBOZONEYWERVAI
TRQOE(MEASLES)IEN
NLKIHMF TETMDWMA
DCAZGNOKEMEXWEE
VUSRDAEMOMUIDEM

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Mead	Meanie	Medium	Meteor
Meager	Measles	Meek	Meter
Meal	Meat	Meet	Mew
Meander	Media	Mekong	

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Salome's Stars

ARIES (March 21 to April 19) Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is rechecking could be worth your time and effort.

TAURUS (April 20 to May 20) The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You also might want to get started on that home makeover you've been considering.

GEMINI (May 21 to June 20) You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoop. Someone who wants to know more about your plans than you're willing to share.

CANCER (June 21 to July 22) Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

LEO (July 23 to August 22) Al-

though the Lion might see it as an act of loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.

VIRGO (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

LIBRA (September 23 to October 22) Don't hide your talents. It's a good time to show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.

SCORPIO (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.

SAGITTARIUS (November 22 to December 21) Trying to patch up an unraveling relationship is often

easier said than done. But it helps to discuss and work out any problems that arise along the way.

CAPRICORN (December 22 to January 19) While your creative aspect remains high this week, you might want to call on your practical side to help work out the why and whereof of an upcoming decision.

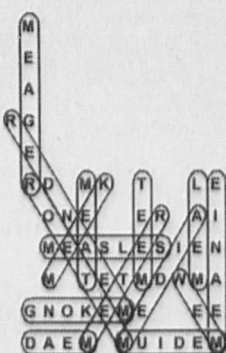
AQUARIUS (January 20 to February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

PISCES (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

BORN THIS WEEK: You can be both a dreamer and a doer. You consider helping others to be an important part of your life.

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SOLUTIONS



3	9	8	7	4	1	5	2	6
4	6	2	3	5	8	9	1	7
1	5	7	6	9	2	4	8	3
9	4	3	5	1	7	8	6	2
8	2	6	4	3	9	7	5	1
5	7	1	2	8	6	3	9	4
6	3	9	1	7	5	2	4	8
2	8	4	9	6	3	1	7	5
7	1	5	8	2	4	6	3	9

CALENDAR

HOW TO SUBMIT

Event information can be input online by following the directions at the bottom of this page, sent by email to scalendar@wickedlocal.com or sent by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Photos should be a jpeg with a resolution of at least 200 dpi and no smaller than 3X5 inches in size. For more information call 508-591-6623.

The Company Theatre presents 'Avenue Q'

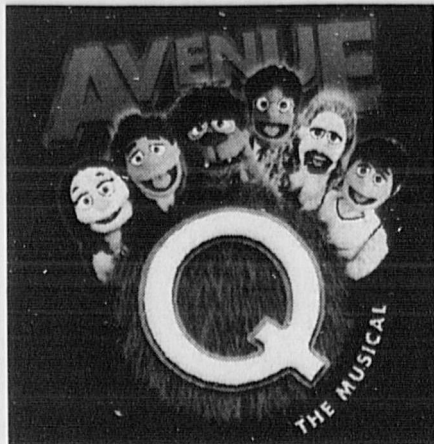
WHEN: Feb. 5-14

WHAT:

"Avenue Q" the musical at The Company Theatre Center for Performing Arts

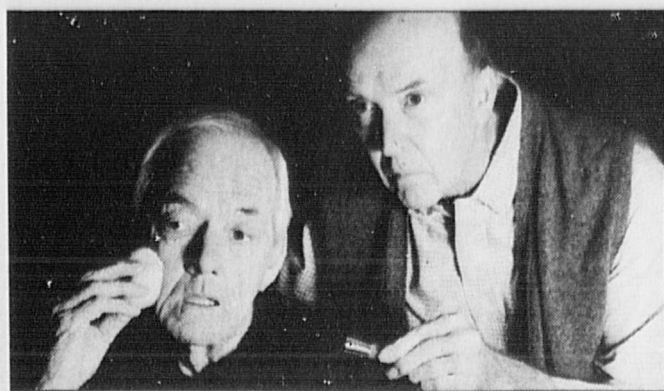
INFO: The Company Theatre presents "Avenue Q" the musical at The Company Theatre Center for Performing Arts, 30 Accord Park Drive, Norwell. "Avenue Q" music and lyrics are by Richard Lopez and Jeff Marx, book by Jeff Whitty, based on an original concept by Robert Lopez and Jeff Marx. The production is directed and choreographed by Kevin Mark Kline, with music direction by Evan Whittfield. Think "Sesame Street" for grownups. Cost: \$37-\$39.

For information and performance times: 781-871-2787; companytheatre.com.



COURTESY PHOTO

'The Dresser' at MMAS



COURTESY PHOTO

WHEN: Jan. 22-Feb. 7

WHAT: MMAS and the New England Repertory Company present "The Dresser" by Ronald Harwood, directed by Frank Bartucca

INFO: MMAS Black Box Theater, 377 N. Main St., Mansfield, presents "The Dresser" by Ronald Harwood, directed by Frank Bartucca at 8 p.m. Thursdays through Saturdays and 2 p.m. Sundays. The play is based on the experiences of Harwood as the dresser to the distinguished English Shakespearean actor-manager Donald Wolfit. It takes place during World War II when the aging actor-manager of a theater company is attended by his personal dresser, as the company travels through England during the Blitz.

For information: 508-339-2822, mmas.org.

All-Star Night of Jazz concert



COURTESY PHOTO

WHEN: 7:30 p.m. Jan. 30

WHAT: The James Library and Center for the Arts presents All-Star Night of Jazz concert

INFO: The James Library and Center for the Arts, 24 West St., Norwell, will host the All-Star Night of Jazz concert, featuring musicians Laszlo Gardony, Yoron Israel, John Lockwood and Stan Strickland. Cost: \$25, adults; \$22, seniors; \$10, students. A limited number of tickets for seniors are available by in-person reservation.

For information: 781-659-7100, jameslibrary.org.

Friday, Jan. 15

Ballroom line dance lessons and practice:

7-9 p.m., First Parish of Norwell, Unitarian Universalist, 24 River St., Norwell. Learn and practice line dances done at ballroom dances around the South Shore — incorporating steps from tango, cha cha, waltz and other ballroom dances — in this new monthly class. Two full lessons included in each two-hour session, plus reviews and line dance practice. Bring your own snacks, drinks. \$5 per person. For information: 781-659-7122, firstparishnorwell.org.

South Shore Folk Music Club:

Coffee House and Open Mike Night: 7:30 p.m. Beal House of the Kingston Unitarian Church, 222 Main St., Kingston. Katy Boc and Todd Nickerson will open. Fred Meltzer will follow. Cost: \$7 for members, \$8 for nonmembers and \$4 for children. Information: ssfm.org.

Friday Night Magic- Draft & Standard:

7 to 11 p.m. Jan. 15, 22 and 29, Round Table Games, 128 Main St., Carver. Weekly social gathering of Magic fans. All players are welcome at Friday Night Magic. Cost: \$5-\$15. Information: 508-465-1671; bit.ly/1OPrVig.

Heroclix:

6 to 10 p.m. Jan. 15, 22 and 29, Round Table Games, 128 Main St., Carver. Based on the Mage Knights system, utilizing superhero characters from the Marvel and DC Comics Universe. The game plays like a miniatures game without the measure-and-move system or consultation of hit charts. Participants will earn 10 store points for each play. Information: 508-465-1671, bit.ly/1OdIEas.

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7 to 9 p.m., First Parish of Norwell, Unitarian Universalist, 24 River St., Norwell. Learn and practice line dances done at ballroom dances around the South Shore, incorporating steps from tango, cha cha, waltz and other ballroom dances in this new monthly class. Two full lessons included in each two-hour session, plus reviews and line dance practice. Bring snacks and drinks. Cost: \$5. Information: 781-659-7122;

firstparishnorwell.org.

Country dance:

8 to 11 p.m., American Legion Hall, 1027 Washington St., Abington. Food available. Cost: \$10 at the door. Information: 781-878-3028.

Men's Night Out:

7 to 10 a.m., Halifax Country Club, 100 Country Club Drive, Halifax. Guest speaker: Paul Atwater, North River Community Church senior pastor. Atwater founded North River in 1989 and serves as senior pastor. Hearty roast beef dinner, a time of worship and keynote speaker. All are welcome. Cost: \$15 per adult, and \$12 per teen when registered, or \$20 at the door, group rate of \$12 per person for groups of 10 or more if registered online or received by mail no later than Jan. 13. Information: 508-238-0406; icmn.us.

Sunday, Jan. 17

Martin Luther King, Jr. Freedom Seder:

3-5 p.m., Congregation Sha'aray Shalom, 1112 Main St., Hingham. Celebrate with neighbors and friends and family the values of Martin Luther King Jr. in the format of a Jewish Passover Seder. Sponsored by the Hingham Hull Religious Leaders Association and hosted by Congregation Sha'aray Shalom. Singing, readings, food and "schmoozing." For adults and kids ages 8 and older. Suggested \$5 per person; all are welcome. For information: 973-476-3231, shaaray.org.

Monday, Jan. 18

Texas Hold'em at Black Raspberry:

Jan. 18 and 25, and Feb. 1, Black Raspberry Pub, 36 Cordage Park Circle, Plymouth. Play free Texas Hold'em with the Northern Poker League. Information: 508-830-0022.

Hanover Chorus Spring Season open rehearsals:

7 to 9 p.m. Jan. 18 and 25 and Feb. 1, St. Andrew's Episcopal Church, 17 Church St., Hanover. Rehearsals are held at St. Andrew's Episcopal Church on Church St. in Hanover. The chorus will begin preparing for a complete concert of Handel's Messiah to be held in May. Information: 617-849-2560.

Tuesday, Jan. 19

South Shore Choral Art Society open rehearsals:

7:30 to 9:30 p.m., First Trinitarian Congregational Church, 381 Country Way, Scituate. Meet the members and sing spring music. Not an auditioned community chorus. Performing members include singers of all ages, with a wide range of musical experience. Formal training in music is not a requirement of membership. Rehearsals are held from 7:30 to 9:30 p.m. Tuesdays in Scituate. The next concert, "Bach Meets the Beatles," will be held on May 1. Information: 508-577-1466; choralartsociety.org.

Dungeons and Dragons Classic:

6 to 10 p.m. Jan. 19 and 26, Round Table Games, 128 Main St., Carver. The original fantasy roleplaying game. Participants will be playing through the original modules using the original Dungeons and Dragons basic rules. Experience is not necessary. No payment at time of registration. Cost: \$3 or 200 store points payable at the event, or \$5 or 400 store points without a ticket. Any purchase in store of \$10 or more negates the fee. Discount for couples. Information: 508-465-1671.

Magic: The Gathering Commander League:

6:30 to 10 p.m. Jan. 19 and 26, Feb. 2 and 9, Round Table Games, 128 Main St., Carver. Eight-week league. Each table is capped at four players. Store credit will be awarded at the end of the eight weeks based on buy-in and league points. Each player earns 10 store points every time they play. Cost: \$2 per week to play. Information: 508-465-1671; roundtablegamesma@gmail.com.

Raising a Reader Series:

6:30 to 7:30 p.m. Jan. 19 and 26, Carver Public Library, 2 Meadowbrook Way, Carver. Parents with their children ages 3 to 5, with younger siblings welcome, can participate on Tuesday and Thursday evenings in January in a literature-based program designed to encourage early literacy and book exchange program. Information: 508-747-7575, ext. 6247; dmwightman@sscac.org.

Wednesday, Jan. 20

Dungeons and Dragons Encounters:

6 to 10 p.m. Jan. 20 and 27, Round Table Games, 128 Main St., Carver. Each session is designed to be wrapped up in a complete episode. Participants will earn 10 store points each play. No payment at time of registration. Cost: \$3 or 200 store points payable at the event, or \$5 or 400 store points without a ticket. Any purchase in store of \$10 or more negates the fee. Discount for couples. Information: 508-465-1671; bit.ly/1RviuU1.

Thursday, Jan. 21

Human Sex Trafficking in the United States:

7-8 p.m., Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Joan Vercollone Barry, a human trafficking awareness speaker, will give a talk about the myths and misconceptions of this industry. For information: 781-383-1348, cohassetlibrary.org.

Author Stephen Puleo:

7 p.m., James Library and Center of the Arts, 24 West St., Norwell. Author of narrative nonfiction works, including "The Caning," "A City So Grand," "The Boston Italians," "Due to Enemy Action" and "Dark Tide" will speak. The lecture will focus on "A City So Grand: The Rise of an American Metropolis: Boston 1850-1900," which chronicles half a century of Boston and its emergence as a world-class city. Cost: \$18 in advance, \$20 at door, a limited number of complimentary senior tickets are available. Information: jameslibrary.org; 781-659-7100.

South Shore Locavores potluck:

7 p.m., Kingston Senior Center, 30 Evergreen St., Kingston. There is no formal program at this session. Guests are invited to share experiences with living a locavore lifestyle. First-timers are welcome, and no registration is needed. Participants are invited to bring a dish to serve eight people, with a serving utensil, and the recipe on an index card. See the list of the remaining programs for this season on the edible South Shore and South Coast website. Information: kingstonpubliclibrary.org/calendar.

Music jam:

8 p.m. Next Page Cafe, 550 Broad St., Weymouth. Hosted by Clay and the Butchtones. Jammers invited and welcome. Free pizza. Information: 781-340-1300; thenextpagecafe.com.

Pathfinder Society:

6 to 10 p.m. Jan. 21 and 28, Round Table Games, 128 Main St., Carver. Pathfinder Society organized play is a worldwide fantasy roleplaying campaign that puts players in the role of an agent of the

Pathfinder Society, seeking fortune and glory all over the face of Golarion. Players will earn 10 store points every time they play. Use the Eventbrite ticket registration system to register. No payment at time of registration. Cost: \$3 or 200 store points payable at the event, \$5 or 400 store points without a ticket. Any purchase in store of \$10 or more negates the fee. Discount for couples. Information: 508-465-1671; bit.ly/1PM51LL.

Friday, Jan. 22

"Hair":

7:30 p.m. Jan. 22-23, 3 p.m. Jan. 24, The Company Theatre, 30 Accord Park Drive, Norwell. The Academy of The Company Theatre presents the iconic musical "Hair." The large cast is infused with freedom and an idealistic vision, gathered together to tell the story of 1960s America. Book and lyrics are by Gerome Ragni and James Rado, music by Galt MacDermot. Co-directed by Jordie Sauerma and Zoe Bradford with choreography by Sally Forrest and music direction by Michael Joseph. Tickets: \$15-17. For information: 781-871-2787, companytheatre.com.

Bread Baking Workshop:

6:30 to 9:30 p.m., Plimoth Plantation, 137 Warren Ave., Plymouth. Join Plimoth Bread Company's artisan baker, Tani Mauriello, to mix, knead, mold and bake early New England-style loaves. Cost: \$55 members, \$66 nonmembers. Information: 508-746-1622, ext. 8359; programs@plimoth.org.

Comedy Show Emerald Hall:

9 to 11 p.m., Emerald Hall, 30 Central St., Abington. Harrison Stebbins will perform. Other comics: Hugo Maenza, Mark Sherman, Annette and Greg Crowley. Cost: \$20 cover for the show. Pizza and appetizers offered. Cost: \$20. Information: 781-843-4833, annettepollack.com.

Saturday, Jan. 23

CHILI COOK OFF:

2 to 5 p.m., Houghs Neck Congregational Church, 310 Manet Ave., Quincy. Entries are being sought for the sixth annual Chili Bowl Chili Cook-Off. With categories for both home cooks and restaurants, the event will offer attendees the chance to sample and savor up to 20 different varieties of chili, with trophies and medals awarded to the champion chili winners as voted on by attendees. Admission to the cook-off is \$5 and includes all the chili attendees can eat. Hot dogs, beer, soda and snacks will also be available for an additional charge. No fee to enter. Information: 617-688-4044, chilicookoffhnc@gmail.com.

Country Voices Collide:

4:30 p.m., Plymouth Memorial Hall, 83 Court St., Plymouth. Kristen Merlin and the Houston Bernard Band team up for a one night concert. Merlin is a local talent who made it to the Semi-Finals on NBC's "The Voice."

The Houston Bernard Band is another local country act. Cost: VIP tickets \$50 for a meet and greet, cash bar and appetizers from 4:30-5:30 p.m. Admission for 12 and older: \$15; admission for 12 or younger: \$10. Doors open at 5:30 p.m. with a show time start of 6:30 p.m. Information: 508-830-4087; kolson@townhall.plymouth.ma.us.

Try an RPG day:

2 to 8 p.m. Jan. 23 and 30 and Feb. 6, Round Table Games, 128 Main St., Carver. Participants will try a few different role playing games. No experience is necessary and free to play. Participants earn 10 store points every time they play. This link will explain how those points can be used: bit.ly/1kPOxkT. Free. Information: 508-465-1671.

Mumblers concert:

8 p.m., Next Page Cafe, 550 Broad St., Weymouth. Information: 781-340-1300, thenextpagecafe.com.

Saturday, Jan. 30

Even More Hardcore

Heath Cooking: 9 a.m. to 3 p.m., Plimoth Plantation, 137 Warren Ave., Plymouth. Led by Plimoth Plantation's Foodways culinarian Kathleen Wall. Perfect techniques for frying, boiling, roasting and baking. Cost: \$140 members, \$215 nonmembers. Information: 508-746-1622, ext. 8359; programs@plimoth.org.

Camp Edwards and Otis Air Force Base on Cape Cod:

noon to 1 p.m., Shea Naval Aviation Museum, 495 Shea Memorial Drive, South Weymouth. Lecture and book-signing by local author John Galluzzo. Free. Information: anapatriotsquadron.org.

Bread Baking for Kids:

1 to 2:30 p.m., Plimoth Plantation, 137 Warren Ave., Plymouth. A kid-friendly version of the adult Bread Baking workshop. Cost: \$20 for members, \$24 for nonmembers. Information: 508-746-1622, ext. 8359, programs@plimoth.org.

Chase Away the Winter Blues:

7 to midnight, South Shore Conservatory of Music, 1 Conservatory Drive, Hingham. Tenth anniversary gala. Proceeds benefit scholarship, outreach and educational programming. Cost: \$125 advance purchase, special \$250 tickets include admission to the pre-event VIP Reception from 6 to 7 p.m. Tickets purchased after Jan. 16 are \$150. Information: sscmusic.org; 781-749-7565, ext. 30.

HOW TO SUBMIT YOUR CALENDAR EVENT

Here are some tips on getting your event information posted to the Wicked Local calendar and included in this regional calendar:

REGISTER: Find the Events Calendar on your Wicked Local homepage in the bottom right portion on the website and click on the Add Event button. Click the Register link in the top right hand corner of your calendar page, above Add Event. Enter an email address, first name, last name, password, and password confirmation. Once you click "Register," a verification email will be sent to the email address with which you registered. Be sure to confirm your account through that email to complete the process. Once registered, you will have the ability to add events.

ADD AN EVENT: Click the Add Event button. Fill in required fields such as event title, date, time, category, and venue. Events may be set up to repeat daily,

weekly, monthly, or by manually adding additional dates.

ADDITIONAL NOTES:

■ The more detail the better in the event description field and there is a section to provide optional contact information.

■ Categories are important for tagging events with discoverable search terms and eases a visitor's ability to find the type of events they are looking to attend. An event can have multiple categories.

■ Events must be matched to a known venue. You can also add a new venue if your venue is not listed.

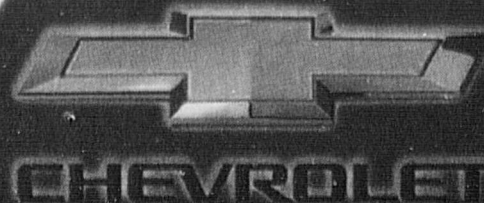
■ Events are subject to review before appearing on the site.

IMAGES: Make sure to include an image with your event. Events with images command three times the attention than those without. EvieSays uses a simple image uploader with options to drag and drop or browse, so adding images to your event is easy.

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MSRP	\$42,425
Best Discount	-\$3,500
Customer Cash	-\$1,500
Bonus Cash	-\$1,500
Select Cash	-\$1,000
Conquest Cash	-\$1,000

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Best Discount	-\$4,000
Customer Cash	-\$1,000
Bonus Cash	-\$1,000
Incremental Cash	-\$1,000
Select Cash	-\$1,000
Conquest Cash	-\$1,000

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*10,000 miles per year. Includes tax, title, plates, doc & acquisition fees. \$1,000 plus 1st payment due at signing.

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• Navigation
• All Star Edition
• Trailering Pkg.
• Auto locking rear differential
• Pwr seat
• Remote Start
• Rear Camera
#61219

MSRP	\$43,880
Best Discount	-\$10,000
Incremental Cash	-\$1,000
Customer Cash	-\$1,000
Bonus Cash	-\$1,000
Select Cash	-\$1,000
Chevy Conquest	-\$1,000

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24 MOS.*

*\$1995 plus 1st payment due at signing. Includes tax, title, plates, doc & acquisition fees.

2016 CHEVY Cruze LS Limited



• Automatic
• 4G LTE WIFI Hotspot
#61140

MSRP	\$19,795
Best Discount	-\$796
Customer Cash	-\$1,000
Competitive Lease	-\$1,500
Bonus Cash	-\$500
Select Cash	-\$1,000

YOUR PRICE **\$14,999** OR LEASE FOR **\$80.80/MO**
24 MOS.*

*\$1000 total due at signing. Includes tax, title, plates, doc & acquisition fees.

2015 CHEVY Impala 1LS



• LS Pkg.
• Rear parking assist
• 4G LTE WIFI Hotspot
#51450

MSRP	\$28,445
Best Discount	-\$3,500
Customer Cash	-\$1,500
Chevy Loyalty	-\$3,000
Bonus Cash	-\$1,000
Select Cash	-\$1,000

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Best Discount	-\$1,750
Customer Cash	-\$1,250
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5 spd, super clean. #61001D

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2010 CHEVY IMPALA LT

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\$7,989



2011 TOYOTA COROLLA LE

Automatic. #52069C

\$8,489



2011 VW JETTA 2.5 SE

5 spd. #52903B

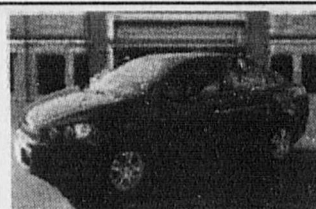
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2012 CHEVY SONIC 2LT

One owner. #52834A

\$9,989



2003 CHEVY SILVERADO 2500HD XCAB 4X4

One owner. #52942

\$9,989



2013 JEEP PATRIOT FWD

16k miles. #61050A

\$10,989



2010 CHEVY SILVERADO REG CAB SHORT BOX

Super clean, 87k miles. #51652

\$11,989



2011 CHEVY TRAVERSE LS

All wheel drive, 8 pass. #52900A

\$14,489



2014 CHEVY MALIBU 2LT

Onstar navigation. #12439R

\$14,989



2012 CHEVY EXPRESS 2500HD CARGO VAN

Shelving pkg. #12461P

\$14,989



2014 CHEVY IMPALA LS

One owner #12422R

\$14,989



2015 CHEVY IMPALA LIMITED

18k miles. #12456R

\$15,989



2014 CHEVY VOLT PREMIUM

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2011 FORD F-150 SUPERCREW 4X4 LIT

Nice shape! #52916A

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Sales at Best
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Nick Lough
Sales at Best
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Kevin McGowan
Sales at Best
4 Years at Best



Jeffrey Peterson
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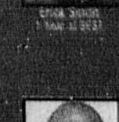
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Sara Patti
Assistant to Best
Customer Service
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Sales at Best
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Don Hodge
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